

Conditioning Hike Group 3, Long Beach

When: Saturday February 10th, 2024

Where: Mt Wilson Trail, Sierra Madre

Weather: Sunny and Hot or Cold and Windy with Rain and/or Snow

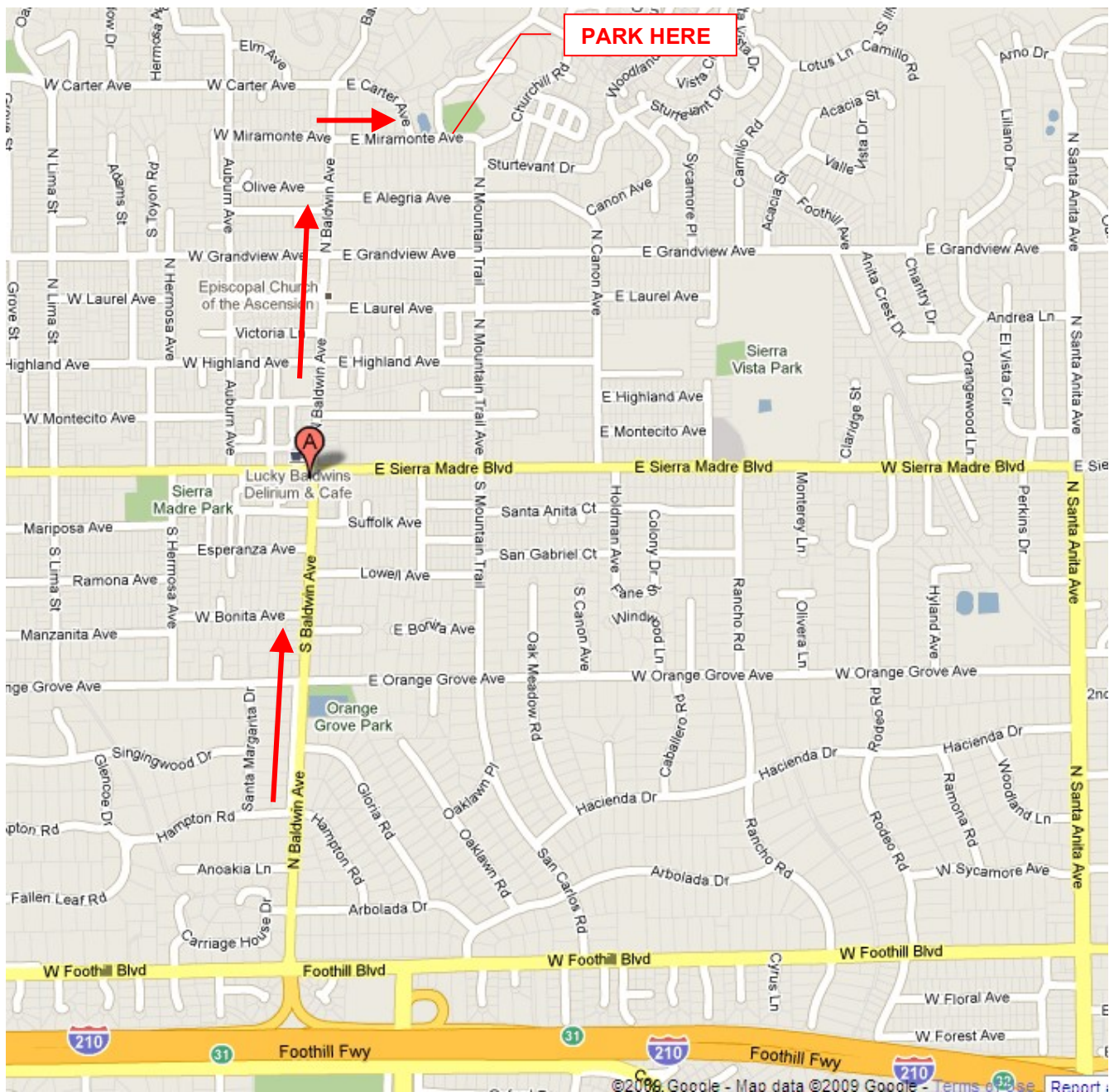
Take the 605 Freeway north to the 210 Freeway. Take the 210 Freeway west (left) a couple miles to Baldwin Avenue. Exit north (towards the mountains – duh!) on Baldwin and continue through the town of Sierra Madre to Miramonte Avenue. Turn right (east) on Miramonte. Two blocks down Mt Wilson Trail Road branches to the left and there is a park on the corner. Park here, we will meet at the park on Miramonte.

Note: This is a residential neighborhood. Keep it quiet unless you prefer to not have air in your tires.

Plan on arriving no later than 6:30 AM so that we can check your gear and leave by 7:00 AM. Allow 1 hour drive time from the South Bay area.

What to Bring:

- Ten Essentials
 1. **Navigation:** Mt Wilson Topo Map with N-S lines drawn, Trip Leg Table and Trail Profile, Compass (Mechanical Pencil & Ruler may help navigation work). In a 1-gallon zip-loc bag
 2. **Headlamp** with extra Battery, or Extra Flashlight / Headlamp
 3. **Sun Protection:** Sunglasses, Hat w/brim, Sunscreen, Lip protection
 4. **First Aid:** Kit including Moleskin and medicines. Some form of ID and CC
 5. **Knife/Repair kit:** with tools (Swiss Army Knife or Multi-tool), Duct Tape, cord
 6. **Fire:** Lighter, Water Proof Matches and Firestarter
 7. **Shelter:** Mylar emergency bag, Nylon coated bivy shelter/bag, 1-person shelter
 8. **Food;** lunch and snacks for a strenuous 8-10 hour day, plus a bit extra
 9. **Water;** 3-4 quarts
 10. **Extra clothing:** (as listed below)
- Daypack
- Day Pack Rain Cover or Plastic Trash Bag (Kitchen size Hefty Cinch Sack)
- Suitable Hiking Boots and socks (as described in Lecture #1)
- Loose Synthetic Long Pants (Nylon, zip-off legs?)
- Light Weight Synthetic Shirt (Nylon, etc.)
- Mid-weight Fleece Jacket or pull-over
- Synthetic Long Underwear (tops and bottoms)
- Beanie or Balaclava (Synthetic or Wool)
- Rain Gear (Jacket and Pants)
- Gloves or mittens (shells and liners?)
- Toilet Paper and trowel
- Optional Extras:
 - trekking poles, sit pad, extra socks, down jacket, gaiters, water filter, fleece pants, etc.



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