

# CoastWalk Oregon 2019



NORTH COAST LAND CONSERVANCY

## WHAT TO WEAR AND PACK

- Dress in layers, so you can easily adjust to changing conditions.
- Wear clothing that will keep you warm even if you get wet (wool, polypropylene).
- The beach tends to be breezy; you may be more comfortable in lightweight hiking pants than in shorts.

A light day pack is all you should need. Everyone should carry:

- **Rain gear**
- **Snacks**
- **Sunscreen & sunglasses**
- **Hat for warmth**
- **Hat for sun**
- **Extra layer of clothing** (such as a sweater) in case the weather cools.
- **Water.** We recommend starting each day with two full water bottles.

### OPTIONAL:

- **Trekking poles:** Not required, but you may find them very helpful on Day 2, when we are descending a steep, rocky trail down Cascade Head.
- **Eye care:** If you wear contact lenses, consider bringing an inexpensive pair of wraparound safety glasses to protect your eyes from sand should conditions warrant.
- **Emergency medical information:** If you have an existing medical condition that medical personal should know about in case of emergency, bring a piece of paper describing your condition and listing your medications. Carry it in your day pack where it will be accessible to emergency responders.
- **EpiPen:** If you are allergic to stinging insects and are at risk for anaphylaxis, be sure to bring an EpiPen.

## FOOTWEAR

More than half the route will be on the beach; the rest will be on gravel road and forest trails that in some places are steep, with mud, roots, and rocks. We suggest wearing athletic shoes, such as those designed for trail running or walking, or lightweight boots. Don't wear sandals unless you are accustomed to walking long distances in them. We've found that the best way to avoid blisters on a long hike (in addition to breaking in your shoes, and feet, by walking) is to wear shoes a half-size or more larger than your daily-wear shoes. Some people like using gaiters to keep sand out of their shoes. If you're walking in athletic shoes, consider using Dirty Girl Gaiters, which are very lightweight gaiters increasingly popular with long-distance hikers.

## TRAINING FOR COASTWALK OREGON

**TRAIN GRADUALLY:** To avoid injury and enhance your enjoyment of CoastWalk Oregon, gradually lengthen your training walks. You should be able to comfortably walk at least 6 miles and should complete at least one 10-mile hike in advance of CoastWalk to be certain you are able to walk that distance. Such training will not only increase your strength and endurance but will accustom your feet to many miles of walking and may help prevent blisters.

Include some up-and-down walking in your training; every day of CoastWalk Oregon includes a headland ascent. Please check with your doctor if you have any uncertainty about your readiness for CoastWalk Oregon.

We expect participants to complete each day's walk in no more than 5 hours, including stops. (But we won't leave you behind!)

**NO SAG WAGON:** Portions of CoastWalk are close to roads. But other parts of the walk are on long sand spits or remote forest trails. Come prepared to walk the entire distance.