

KALALAU PACKING LIST – NOTE: the following are my opinions on backpacking and use the advice at your own risk!!!

REQUIRED ITEMS and other info:

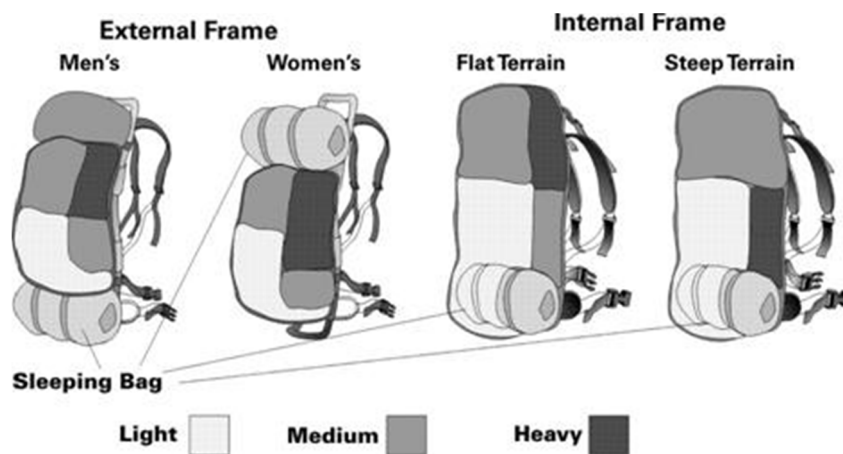
Permit: Permits can be reserved/purchased at: <https://camping.ehawaii.gov/camping/welcome.html>
Permits sell fast for the summer, so make sure to reserve your trip dates at least 2-3 months in advance. Make sure to have it with you and dry at all times.

Hiking shoes/socks - broken in and preferably with ankle support, + Hiking socks (at least 2 pairs)

Clothing: Dry-fit shirts - as opposed to typical cotton, underwear and shorts/pants comfortable to hike 11 miles in... The number of sets dependent on comfort and weight:

-should at least have (1) set to hike in – possibly use same to hike out, (1) set to cruise in after hike and throughout day, (1) set to sleep in. These sets are minimal and you can bring more if you feel you can carry more weight. You should also bring a rain jacket and/or poncho to cover yourself and your pack in the case of inclement weather.

Pack – Internal versus external frame packs... People will have their own opinions about the pros/cons of the two types of packs. Internal packs store most, if not all of your gear inside the pack (e.g. your school bag), whereas external packs often store much of the bulky items (or items that can get wet) strapped to a metal frame outside the pack (see below).



External frame packs can be cooler, since there is more space in between the pack and your back. However, the load can often be top heavy and may shift while walking. Internal frame packs don't usually hold as much volume of gear, but keeps the weight more stable on your back when you walk. You may have to lean forward more with an internal frame pack, while you can often walk more upright in an external frame pack. The figure above shows how you should pack your pack, but I don't always follow... it's more preference than anything else. I also suggest scotch guarding your pack (rain sleeve and/or poncho) to ensure your bag doesn't get wet and become heavier from the rain.

There are several brands of internal pack brands. Northface, Kelty, REI, Jansport, etc... kelty is probably the only brand to carry external frame packs (as opposed to internal frame). You should know your torso length and know how the pack feels with a lot of weight in it on your hips. You need to learn how to walk with the right posture to support the weight on your hips (and above your butt), and not your shoulders. There are also internal packs that distribute the weight to the hips, regardless of the way you lean (See right)... these can be costly, but can be worth it if your twisting, turning and



bending over on a long expedition. You will also need to pack smart, e.g. not overpack and try to carry more than you need or can handle for the length of trip.

WATER: Water is probably the most important. I highly recommend you acquire a hydration sleeve if you do not own one already (see right). It is much too difficult to take a water bottle in/out of your pack while on the trail. In addition to water used on the trail, we often carry two or three 1.0-1.5L plastic bottles in our packs for use at the campsite... there are ~3.7L in one Gallon of water, and weighs 8.34 lbs. Do the math and make sure you know how much water you will need to bring or purify on and off the trail.



A camp site may not have water available, even when a park website states there is water available. This can happen for many reasons, e.g. catchment system malfunction/contamination or flash flooding stream, etc. If there is water available, you should bring a container to collect it (see right). One or two collapsible jugs are extremely useful to take water from its source (catchment or stream, etc) back to your campsite, as well as to sterilize/treat your water in.



If you need water to rehydrate your dehydrated food, this is important to calculate into your rations. Calculating your rations is hard because this really depends on how active you are (on and off the trail), or basically how much water you lose/expend. A short hike, but long camp will leave you more water to play with. A long hike and short camp will obviously be the opposite. For a 3-full day camping trip, you'd probably need something like 9L of water (including food/meal rehydration) if water is not available at the campsite or along the trail.... This does not include how much water you will drink while hiking. Though the water at Kalalau is very clean, I always feel it's better to be safe than sorry. There are four common options for stream water purification or catchment water, etc:



1) Iodine and/or other sterilization tabs, 2) Water pumping/filtering, 3) boiling (see above) and 4) UV / SteriPen. There may be more methods, but they are uncommon or more difficult to get. 1) is the lightest and cheapest per treatment, but can affect water flavor and can take between 30 minutes – 4 hours to purify. 2) costly, bulky and kills less pathogens/bacteria, etc... but can be used to purify the highest volume of water 3) for 5 minute boil using iso-butane/propane gas and camping pots/pans is probably most effective, but most heavy and bulky and limited to the volume of boiling water to gas ratio. There are compact versions of 2) and 3), but obviously they'll cost you more for more status gear. 4) SteriPen or Ultra Violet light emitting device are somewhat costly, but are one of the quickest ways to purify a small volume of water. However, it does require batteries... and its best to know how many hours you receive per set of batteries prior to you trip. A sure way to treat stream/catchment water is to combine any of the above methods, but for Kalalau water is unnecessary.

FOOD: Some of the food you will bring should be food you can eat on the trail, which is easily accessible in your pack (as opposed to buried). Particularly on the way in/out of Kalalau, you will likely be eating some type of energy/protein/granola bar or some other type of compact, high-energy food.



Most, if not all of your meals during the camping portion of the trip, should be freeze-dried (I'd recommend mountain house or backpackers pantry, locally)... though knowing a little about wild edibles and easily packable snacks helps as well (Strawberry Guava, Guava, Mountain Apples, etc. are common in the summer months on the trail).



Dehydrated food is the sure way to go as far as ease of preparation and lightest to carry. It often doesn't have to be rehydrated with heated water, but a hot meal can often boost up peoples spirits. My local Backpackers Pantry picks are Fettuccini Alfredo with Chicken and Jamaican Jerk Rice with Chicken; and Mountain House top picks are Lasagna, Spaghetti and Beef Stroganoff; but many of the others are also good (DON'T FORGET TO TAKE OUT THE SILICA DESSICANT PACKET OUT OF THE MOUNTAIN HOUSE BAG AND DON'T FORGET AN EATING UTENSIL). I do encourage you to try one or two before you go so that you know how to prepare it, agree with the taste, and that it doesn't give you the runs (e.g. if you are sensitive to milk or other ingredients). Plan to make up the calories you burn in food. You'll burn 1000s of calories carrying a 40lb pack to Kalalau on the Na Pali coast.... on the way back, maybe less cause your pack will be considerably lighter.

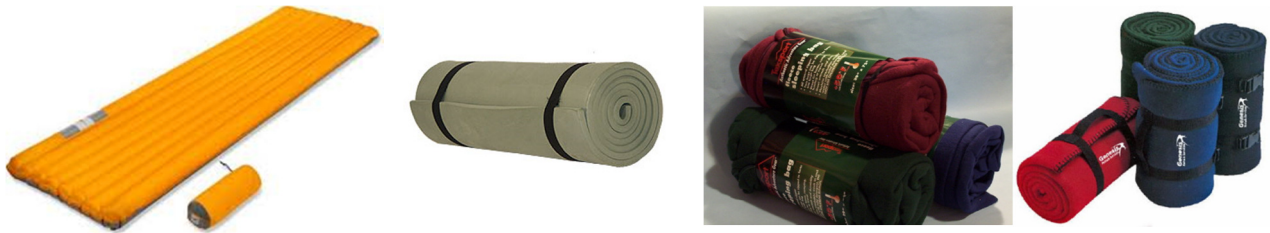


SLEEPING GEAR/ACCOMODATIONS:

A light tent w/ a rain fly should be efficient for shelter and sleeping. We've used either 2, 3 or 4 – man tents and split up the weight/bulky items equally amongst the people using the tents. Preference of tents will be different from brand, size, weight, rigidity, and rain/wind protection, areas to put gear outside of the tent but under the rainfly (see right) etc. They should be water resistant, though the rainfly should be sprayed with scotch guard (or some other water repellent). Spraying the seams, near the zippers on the tent itself is a good idea as well. If you want the best of all worlds, they will be more expensive. If you settle for less, you may wake up to water dripping on your head, wet gear, tent leaning in moderate wind, and/or difficulty getting in/out.



Traditional sleeping bags are not necessary for Kalalau if you have a tent. However, a sleeping pad and light blanket (fleece, or some other light weight insulating material) are good choices to cut down on bulk while still staying comfortable. An inflatable sleeping pad is worth its weight in gold (because of size and comfort), but a conventional foam-type sleeping pad is sufficient (but bulky). The difference is obviously the price... I have one that fits from head to my thighs and rolls up to the size of rolled t-shirt.



Fleece blankets are cheap, you can get one with or without a zipper. You can use clean clothes as a pillow, but you can also get an inflatable pillow for more comfort. After walking 11 miles with a 35lb(+) pack, comfort is important for recovery.

FIRST AID: Make sure at least one person in your crew has a first aid kit, and know who has it at all times. I'm not going to go over what's in a first aid kit. Most vendors have similar items in them, though I do add a few of my own items to the kit (e.g. matches/lighter, sun block, waterproof bandages, mosquito repellent, etc).



TOILETREES: Toilet paper is pretty important, but is often looked over while backpacking/camping. Be prepared to squat and not pee/crap on your pants. Travel toothbrush and toothpaste should be pretty straightforward. You can shower in the falls along to coastline at Kalalau, so bring enough body/face wash, shampoo, etc for a couple of showers. It's up to you if you want to bring deodorant, but I'm sure your tentmate will definitely appreciate it. I know it's gross, but remember that you can't bring ALL the comforts of home with you.

OTHER: the following may be useful for obvious reasons, but there may be other reason mentioned

Identification – other than a permit, you should have a form of ID w/you incase the unexpected happens

SLIPPERS!!! Do not forget them, you'll regret it

Collapsible Walking Stick – most people don't use it, but it can take a lot of weight off your legs/knees and can help you balance your heavy pack while going up and down switchbacks.

Multi-tool/Knife (cutting rope/wood, kindling)

Eating Utensil – Sporks are not very fashionable, but actually quite functional

Rope (making a clothes line after you set up camp)

Body boarding fins (summer current is often strong in westward direction; also for spearing/diving)

Snorkel/Mask – definitely useful if Honopu Beach, or if exploring the coastline and streams

Headlamp – a MUST at night, bring extra batteries too.

LED Key-chain light – good back up in case of headlamp malfunctioning, or good to hang in tent

Ziplock bags/Plastic bags – PACK OUT WHAT YOU PACK IN!!!, Leave nothing behind but your footprints.

Wide-brim hat – typical hats won't cover your ears, neck and face from getting burned on the trail

Waist pack or small pack to carry with you if you explore to Kalalau Falls or down the coast

Water Bottle to drink from other than your hydration pack during camp and also if you go exploring

Walkie-Talkies / Two-way radios (keep one with first and last person in your group on trail, and make sure they are ON during this time AND tuned to same channel... test before starting hike/trip)

Marshmallows and skewers, and Jiffy Pop (Stove) are always fun

A clean set of clothes in your car after you get picked up from trail head... you can also shower at bathrooms at Kee beach in Haena (beach at trailhead) after done

Drink Mix – There may be an aftertaste in the water if you use Tabs (see earlier), or if the stream water is cloudy. You won't taste it in your re-hydrated food, but you can often taste it when drinking. Drink mix can make a world of difference (e.g. Kool-aid or crystal light)

Camera/Tripod – if you are into photography, you should bring a tripod for the night photography there. The stars are amazing, since you'll be as far away from city lights as you can possibly be. If you're there on a clear moonlit night, the beach will light up like crazy.

Whistle – many packs come with one built onto the chest strap, if not, it might be good to bring one. If you fall off a cliff and become incapacitated, a whistle is often close enough to your mouth to signal for help. You are much more likely to be able to blow on a whistle longer than you can yell

Bright clothing/hankerchief, etc. – So that you can be located easier in case of an emergency

Watch - make sure you know what time the sunsets, also keeping track of your progress on trail

Ipod – though listening to nature is great, music can really boost morale both on and off the trail

Camp Towel – not necessary, but a small microfiber or hand towel is useful after showering, especially in the evening when it's a bit cooler

Tarp – large enough for under your tent. In the case of rain, mud puddles often form under the tent and make clean up a mess. Make sure you and the bottom of your tent stays dry by placing the tarp (folded to slightly smaller to size of tent bottom)

Stove – I listed the "Pocket Rocket" from MSR earlier which is the most compact stove you can purchase locally, but you can choose what type you want.

Gas – propane, isobutane, etc. Make sure you know how much gas will boil what volume of water.
NOTE: Used STOVES and GAS is not allowed on any passenger airplane. Make sure to accommodate how you will acquire them while in Lihue.

Compass/GPS – though I highly doubt you'll get lost, but sometimes knowing where you are on the trail is helpful. NOTE: Cell phones won't work at Kalalau and you will likely lose reception in Haena, if not before. Make sure to make travel arrangements if you are getting picked up.