

## Basic Equipment,:

- tent
  - Tent Rain Fly
  - Ten ground cloth
  - Tent Poles, Ground stakes
- sleeping bag
  - Rated for 15-32 degrees ideal
    - Might consider a small cheap blanket to line it
- Day Pack
  - Like this [http://shop.camelbak.com/mule/d/1009\\_cl\\_4137](http://shop.camelbak.com/mule/d/1009_cl_4137)
- therma rest (sleeping pad)
  - <http://www.cascadedesigns.com/therm-a-rest>
  - small compact cot is ok
- Stove (optional)
  - Jet Boil
  - Share a larger camp stove
    - Dont forget fuel, make sure the stove works
- Pot or dish to eat in, cook in
  - One light weight pot can serve both purposes
- spoon or spork
- cup
- Leatherman or knife
- Chair (smaller the better)
  - Foldable, compact
- Head lamp
- Small pillow
- Water Bladder/Several 1L nalgene
  - Bring containers for at least 2L, not more than 4L
- extra batteries as needed
- sun screen
- matches
- Basic first aid
  - Aspirin, bandaids, advil PM, neosporin
- Fingernail clippers
- tweezers
- Caffiene pills (if you need coffee but dont want to deal with it)
- Wetnaps anti-bacterial individual pks
- flashlight (in addition to headlamp)
- glo-stick (optional)
- trash bags
- Very Lg. Ziplok bags
- camera
- toilet paper
- towel (European aka small)
- Duct tape (on trekking poles)
- all purpose soap (burts bee's is all natural)
- Chap stick
- Rope
  - strong light to hang pack

## Clothing Etc

- thick socks
  - Merino wool is best
- thin socks

- liners (help wick moisture and prevent blisters)
- light weight/insulating long underwear
  - Patagonia and REI make good ones
- Base layer shirts
  - First Layer Light - moisture wicking
  - Second layer insulating
  - Third later wind-breaking/water proof  
(This vary based on temp so check the weather!)
- Gloves
  - something hardy for the field but warm
- Ski Cap
- Crocs - For Camp (seriously these are the absolute best camp shoes)
- Rain jacket
- Try to avoid cotton shirts, jeans etc

**Women stuff: (this may seem like a lot but most is very small miniscule things that can make a huge difference!)**

- Cottonelle wet wipes (or whatever brand)
- Toilet paper
- Face wipes (any cleansing wipes for your face)
- Hair ties
- Some type of hat/bandana/beanie (This helps your hair get less dirty out in the field)
- Brush (Be ready for a knotted mess otherwise)
- Chapstick
- Feminine products (just in case!)
- ziplock bags (For things you can't dispose of in the field)
- Sports bras (Sooooo much more comfortable)
- underlayers (tanks and leggings, things you can practically keep on the whole trip and not have to worry about continuously changing)
- Tweezers, fingernail clippers, advil, tums etc...(little things that can make everything suck like hangnails, splinters and headaches)
- Unscented lotion (the cold can bring on dry skin, which sucks, and unscented because scented lotions aren't necessarily the best for actual dry skin)
- Purel and maybe a small thing of hand soap (if we can't shower at least your hands can be clean)
- Freakin hand warmers! they're cheap and you can put them in your pockets and or everywhere!
- Some type of slipper/boot/comfy shoes (Walmart fake uggs that have a hard bottom that you don't have to worry about lacing up/putting on for walking around in the evening at the camp site and easy to put on if you have to get up in the middle of the night and go to the bathroom!)
- Blanket in addition to sleeping bag (I had a cheap fleece from academy that i slipped into my sleeping bag to keep me more warm and i was able to wrap it around me when sitting around the camp fire and whatever else)
- Towel of some sort (regular or small; even if we can't shower using this to dry your hands off, dry your face, or clean up things from dirt, just good to have but not totally necessary.)

**Food: (Just do the meal plan)**

**Breakfast Ideas**

Instant Oatmeal  
Eggs

**Lunch Ideas**

Lunchables  
Starkist lunch kits

Canned Chicken Salad, Tuna Salad  
Salami  
PBJ's

### **Dinner Ideas -**

Anything you want to cook on a charcoal grill (meat will probably keep with the cold weather)  
Pasta with pasta sauce  
Rice and beans with sausage  
Ramen + canned chicken  
Canned anything (bring a can opener)

### **Freeze-dried Favorites**

(First choice is Mtn House, Mary Janes is ok)

Potatoes w/broc & Chdr Cheese ★★

Lasagna ★★ ★

Spaggetti ★★

Potatoes w beef onions ★★

Mex. scrambled egg ★★

Scrmbl'd Eggs w/cheese grits added ★★ ★

Enchiladas (Natr'l High?) ★★ ★

Granola w/Blueberries and Cream ★★ ★

Dutch Chocalate Cheese Cake ★★

Sweet & Sour Pork ★★

Pad Thai ★★

Beef Stroganoff ★★ ★

Kung pow chicken ★★

Chick breasts w/mashed pototoes ★★

Turkey Tetrazini ★★

Comment: Most bags are 2 servings. Good amount for me, maybe too much for most.