

Camping/Climbing Equipment List September, 2017

DAY CLIMB: – Fill water bladder Check batteries Update GPS

Wear

- Hiking boots
- Neoprene socks
- Hiking pants (I like with zip-offs at the knees)
- Poly underpants (not cotton);
- Wicking tee shirt
- Leki trekking poles (I like Wanderfreunds with spring action)
- Lightweight long-sleeve shirt (not cotton)
- Waterproof watch
- Route map and notes; Always research a 14er before you go

Clothes and Gear in Pack

- Day pack (I like Osprey Kestrel 32 or 38)
- Rain jacket (hooded) and rain pants (Goretex breathable)
- Light sweater (tech fabric)
- Light glove liners and rainproof over-gloves
- Ski hat and sun cap
- Light jacket (tech fabric)
- Emergency GPS (DeLorme InReach) updated to current climb
- extra pair sunglasses, lens wipes
- Spare headlamp- mini
- Spare boot lace
- Compact camera
- Multi-knife (optional)
- Orange construction ribbon for route-return marking (some climbs)
- Helmet (if loose-rock, loose-gully climbing)
- Crampons and ice ax (if snow-climbing or snow-gully crossing)

Supplies in Pack

- toilet paper and big Wet Wipes in zip-lock plastic bags
- Small tube sun block (SPF 35+), I like Banana Boat
- Small first-aid kit; tweezers, Albuterol inhaler (renew each year)
- Insect repellent, Aleve, Tylenol
- Tiny roll of duct tape, string

Food in Pack

- Hi-protein, hi-carb bars for en-route sustenance; eat something every 1-2 hrs. (I like GoMacro Macrobars – Protein Purity).
- Lunch sandwich (usually 1 or 2 Peanut Butter and Jelly)
- Water – I like Osprey bladder 3 liters (actually about 2.5 liters)

OVERNIGHT CAMPING

Utensils

- ❑ Wide, shallow bowl and fork (if other than dehydrated dinners),
- ❑ Spoon (long if eating direct from dehydrated food packs),
- ❑ Large light cup (for wine, soup, water, cereal).
- ❑ Toothbrush, toothpaste, comb
- ❑ Matches or lighter, newspaper – if fire allowed at campsite

Camping Equipment

- ❑ Tent and fly (I like Big Agnes) and tiny hanging light for tent ceiling
- ❑ Sleeping bag (I like Nocturne 15-degree for easier side-sleeping)
- ❑ Lightweight blow-up mat and large blow up neck pillow
- ❑ 48 liters backpack (I like Osprey Kestrel 48 but need 50+ if you're the one carrying water filter and stove), rain cover (Osprey includes)
- ❑ Headlight
- ❑ Long string and stuff-sack to hang food between trees (bear container may be required for some sites)
- ❑ Extra underpants; wicking T shirt and socks
- ❑ Wide-mouth pee bottle for guys; or woman's urinary assist - for staying in tent at night
- ❑ Water filter
- ❑ Plastic collapsible 2-gal water jug – easier fill at campsite
- ❑ Jetboil stove and canister that fits inside
- ❑ Folding saw (cutting firewood, I like the Sven saw)
- ❑ Ultra-light shoes or sandals for camp and river crossings (optional)

Food for Camping

- ❑ Breakfast – Mountain House Granola or PB&J
- ❑ Lunch - P, B & J on multi-grain bread
- ❑ Wine (heavier Pinot Noir, not too old – a heavier wine tastes better cold at campsite) decanted into collapsible wine pouches
- ❑ Dinners - Mountain House PRO PAK (vacuum packed for high altitude) – I like Spaghetti with Meat Sauce or Beef Stroganoff; I don't like the ones with rice.

Really work to minimize weight of your pack – it gets a lot heavier as you hike up. For backpacking to camp, even for the longer hikes you'll probably need no more than 2 liters of water.