

Camping/Climbing Equipment List

DAY CLIMB: – Fill water bladder Check batteries Update SPOT

Wear

- Hiking boots
- Neoprene socks
- Hiking pants (I like with zip-offs at the knees)
- Poly underpants;
- Wicking tee shirt
- Leki trekking poles (Wanderfreunds with spring action)
- Lightweight long sleeve shirt (not cotton)
- Waterproof watch
- Route Map and notes;

Clothes and Gear in Pack

- Rain jacket and pants (hooded, Goretex breathable)
- Light sweater (tech fabric)
- Light glove liners and rainproof over-gloves
- Ski hat and sun cap
- Light jacket (MontBell)
- SPOT emergency GPS updated to current climb
- extra sunglasses
- Spare headlamp-compact
- Camera
- Leatherman multi-knife
- Orange Ribbon for route-return marking
- iPhone to control SPOT
- Helmet (if loose-rock climbing)
- Crampons and ice ax (if snow-climbing)
- Oregon 450 GPS (if need one, otherwise no – it's heavy)

Supplies in Pack

- toilet paper and Wet Wipes in zip-lock plastic bag
- Banana Boat sun block (SPF 50) small tube
- Small first aid kit; tweezers
- insect repellent; Aleve, Tylenol
- Small roll duct tape, string, comb

Food in Pack

- 3 hi-protein, hi-calorie bars for en-route sustenance; one 5 hr. Energy
- lunch sandwich (usually 2 Peanut Butter and Jelly)

Take if prior overnight in motel:

- Car and wall-charger for iPhone
- Ambien

OVERNIGHT CAMPING

Utensils

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

Camping Equipment

- ❑ Tent and fly (I like Big Agnes)
- ❑ 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), rain cover and Osprey 3-liter bladder
- ❑ Headlamp and extra AAA batteries
- ❑ liquid dish soap (small)
- ❑ Long string and stuff-sack to hang food
- ❑ Extra underpants; wicking T shirt and socks
- ❑ Pee bottle (wide mouth) for staying in tent at night
- ❑ Water filter, backup purification tablets,
- ❑ Empty plastic collapsible 1 gal water jug
- ❑ Jetboil stove and canister
- ❑ Folding saw
- ❑ Ultra-light shoes or sandals for camp and river crossings

Food for Camping

- ❑ Breakfast – Mountain House Granola with Milk and Blueberries or with Bananas
- ❑ Lunch - P, B and J's
- ❑ Coffee (Starbucks Via and Stevia)
- ❑ Wine (Shiraz or Pinot Noir, not too old) decanted into wine pouches
- ❑ Dinners - Mountain House PRO PAK (vacuum packed for high altitude) Chicken a la King; Lasagna with Meat Sauce or Spaghetti with Meat Sauce; Beef Stroganoff;