

Camping/Climbing Equipment List

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
- 2 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, I like MontBell)
- Emergency GPS (DeLorme InReach) updated to current climb
- extra sunglasses
- Spare headlamp- mini
- 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)

Supplies in Pack

- toilet paper and big Wet Wipe in zip-lock plastic bag
- Small tube sun block (SPF 35+), I like Banana Boat
- Small first aid kit; tweezers
- insect repellent; Aleve, Tylenol
- Tiny roll duct tape, string

Food in Pack

- Hi-protein, hi-carb bars for en-route sustenance; I like PRO-bars
- lunch sandwich (usually 1 or 2 Peanut Butter and Jelly)
- Water – I like Osprey bladder at least 2 liters or 3 liters for a long day

ADDITIONAL FOR 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

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
- Headlight
- liquid dish soap (small)
- Long string and stuff-sack to hang food between trees (may need bear container for some sites)
- 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 1-2 gal water jug – easier fill at campsite
- Jetboil stove and canister
- 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 with Milk and Blueberries or Bananas
- Lunch - P, B and J's on multi-grain bread
- Wine (fruity Pinot Noir, not too old) decanted into collapsible wine pouches
- Dinners - Mountain House PRO PAK (vacuum packed for high altitude) Chicken a la King; Lasagna with Meat Sauce, Spaghetti with Meat Sauce or Beef Stroganoff; I don't like the ones with rice.