

# 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
- 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, scrunchable, like Montbell, not fleece)
- Emergency GPS (DeLorme InReach) updated to current climb
- extra sunglasses, lens wipes
- Spare headlamp- mini
- A spare boot lace
- Small 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; should eat something every 2 hours
- 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

### ***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 but need 50-60 liters if carrying water filter and stove), pack rain cover (included with Osprey)
- ❑ Headlight
- ❑ 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
- ❑ Empty plastic collapsible 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 or whatever
- ❑ 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) Lasagna with Meat Sauce, Spaghetti with Meat Sauce or Beef Stroganoff; I don't like the ones with rice.