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 repellant, 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.