

COMMUNAL SUPPLIES & EQUIPMENT

Camp Supplies and Equipment

- Jetboil Cooking System (stove and boiling pot with one fresh, unused fuel can packed in each set) (3)
- Extra JetBoil Fuel Canisters (fresh, unused) (Note: each canister boils 12 liters; we used 7 in 2007, 7 in 2006, 7 for 7 people in 2009 (no hair washing)) (9, in addition to those in stoves)
- MSR MiniWorks EX Microfilters w/cartridge, tube with float, cleaning pad, instructions. (Buy new filter if needed for trip.) (Filters last a long time and clean well--no spare elements needed during trip.) (3)
- Alternative water purifier: MSR MIOX Water Purifier (with needed supplies) (bring it next time!)
- Camp Saw
- Rain Tarp and Cords (2.4 pounds – probably too heavy to bring unless weather looks bad)
- Water storage (in khaki bag): MSR Dromedary 10 Liter Water Bags and caps with cord for hanging from a branch (2); 2.5-gallon Collapsible Water Bottle and cap (for untreated water)
- Bowls (in green bag)
- Cups (in blue bag)
- Camp Accessories Bag (black): *[Note: get a new, lighter bag]*
 - * Day hike accessories bag (blue bag): matches, firestarter, duct tape, space blanket-type emergency bivvy. (Note: put fire starter on dry pine cone.)
 - * Forks and spoons for everyone
 - * Plastic trowels (in open side pocket) (2)
 - * Basics: Dobie pad, dish soap, a few baggies, twist ties, ripstop tape, utility cord; plus additional matches, firestarter, duct tape, cards.
 - * dishwashing towel
 - * Collapsible Camp Basins (2)

Maps, Guidebooks, Wilderness Permit

- Maps
- Trail Guide Excerpts
- Wilderness permit

GPS Device

- GPS device loaded with downloaded maps

Satellite Phone and Contact Info

- Satellite Phone (spare battery, instructions)
- Emergency contact numbers and emails

First Aid Kit

- First Aid Kit: Perhaps including blister supplies, bandaids, telfa pads, tape, butterfly bandages, ace bandages, antibiotic ointment (Neosporin), sterile wipes, anti-inflammatory, Benadryl, vicodin, cipro. Have subset (including foot care) ready to bring on day hikes, including the first day

Other

- Scale and large stuff sack (for weight division while packing and determining pack weight--leave at trailhead)
- Food for breakfast and/or first night; firewood and charcoal for first night (if applicable)
- Complete printout of web site information (including hotel res and wilderness permit)

PERSONAL FOOD

Breakfasts could include:

energy bars (e.g., Clif "peanut butter pretzel" Mojo bars)
 Fig Newtons
 dried fruit (apricots)
 hot chocolate
 tang in 1-cup (2-1/2 teaspoon) packages
 instant oatmeal
 bacon (Oscar Mayer Ready to Serve Bacon – microwave to make crisp)

Lunches & trail snacks could include:

hard candies (root beer; sour apple jolly rancher; butterscotch)
 powdered Crystal Light (comes in .5-litre packets)
 energy bars (e.g., Clif "peanut butter pretzel" Mojo bars)
 beef stick (remove plastic, cut in half, leave in fridge two weeks to dry, wrap as daily rations at 3/4"/day)
 cheese (hard cheese keeps better, e.g., Gruyere, Spanish Manchego)
 soda crackers
 beef jerky (e.g., Five Star "honey teriyaki" beef jerky)
 raisins
 pretzels (stick type)
 Sweets: cookies (shortbread)
 butter fingers
 tootsie rolls
 m and m's (dark chocolate)
 Other options: trail mix; mustard packets
 Entry day lunch could include fresh fruit (e.g., Rainier cherries, grapes) and a sandwich.

Dinners could include:

miso soup (e.g., Kikkoman Instant Tofu Miso Soup)
 Treats: Just veggies
 olives (sealed)
 salmon & crackers
 Sweets: Trader Joe's 100 Calorie 70% Dark Chocolate
 York mints
 butter toffee peanuts
 freeze-dried entrées – with Campers' reviews:

Good reviews:

Mountain House Pro-Pak spaghetti & meat sauce (Jay, Ann, Patty)
 Mountain House Pro-Pak lasagna (but need blow torch to clean fork afterwards)
 Mary Jane's Farm Organic Shepherd's Meat Pie (real comfort food) (Jay)
 Chicken a la King (Ann, Patty)
 Pasta Primavera (Liz, Lynda, Scott)
 Turkey Tetrazini (Ann, Patty)

Mixed Reviews:

Mountain House Sweet & Sour Pork
 Rice w/Chicken Teriyaki

Poor Reviews:

Back Packers Pantry Chicken Cashew Curry (per Ann & Patty)

PERSONAL EQUIPMENT

in advance: trim toenails; **permethrin spray** for clothing; charge camera batteries

In 2008 Jay's pack was approx 37# + 10# food can + 6# water + 2# communal = 55#

in 2009 Jay's pack was 53# loaded, with water

OVERNIGHT BAG

to wear on drive: shorts/belt/t-shirt/underwear/socks/tennis shoes/sunglasses/watch/phone

to use at hotel: bathing suit in zip-lock, sandals, jeans, long-sleeved shirt, socks, underwear, shampoo, conditioner, coat; phone charger, camera charger, shaver, sun block.

For exit day: socks, underwear, shorts, t-shirt, tennis shoes, shaver, deodorant

at beginning of trip: synchronize camera times

FOR ENTRY DAY

clothes: **t-shirt**, **pants**, underwear, **smartwool socks**, liners

sun-brimmed hat or baseball cap

Gore-Tex hiking boots

trekking poles (with rubber tip protectors for transit)

camera

sunglasses

hard candy

BACK PACK

back pack

bear canister for food

circular pad for top of bear canister

day pack for hikes on layover days

Water Containers

3 liter Camelbak bladder (in sleeve)

(1) .75 liter wide-mouth water bottle (in side pocket)

Water Shoes (in shoe bag in outer compartment)

water shoes (for stream crossings and camp use)

Tent

Inside pack (in small compression sack)

tent body

rainfly

In pack side pocket (in force-flex inside long blue Sierra Designs logo bag, folded over)

long bag: (3) poles

net bag: footprint

short bag: (12) stakes; (4) guy cords; instructions

Sleeping Bag (Medium Compression Sack)

sleeping bag with stuff sack to use for pillow

Sleeping Pad (Orange Stuff Sack)

Thermarest

...Clothes

Rain Gear Cube (small red eagle creek cube) (near top for accessibility in bad weather)

Gore-Tex rain jacket with pit zips (in small ditty bag)

Gore-Tex rain pants (in small ditty bag)

light-weight rain-resistant gloves

optional: mosquito hat

optional: gaiters

rain cover for pack

Clothes (small compression sack)

(1) cap or hat

(1) convertible nylon hiking pants

(1) nylon hiking shorts

(3) hiking shirts (polyester, not cotton) (wash 2 every other day)

(1) smartwool sox

(3) pairs sock liners

(1) cotton sox for tent

(2) underwear

(1) long-sleeve ski shirt (for use in camp)

dirty clothes bag (plastic)

Cold Weather Clothes (small blue eagle creek cube)

long underwear silkweight tops

(use hiking shirt as second layer; use long-sleeve ski shirt as third layer:)

long underwear bottoms

neck warmer

warm hat

glove liners

fleece vest

down sweater (yeah!)

...Personal Items

Lunch Sack (grey PUR pouch; accessible; stored in bear canister at night)

Lunch sack
pocket knife

Clear One-Quart Vision Bag (accessible and for use in tent)

Bion tears
spare glasses
lens centering instr: [move lens to outside corner (easier to relocate from there); move lens toward center; hold lens in place, look toward lens and blink hard.]
mirror
contacts case; clean soln, wet soln (screw cap), enzymes
spare lenses
LED headlamp with fresh lithium batteries
(use dinner cup for contacts)

Clear One-Quart Toiletries Bag (accessible and store in bear canister)

gorillapod (mini-tripod) – can be affixed to exterior of pack for convenient access
sun block (Clarín's UV Plus protective day screen–(2) one-ounce bottles lasted for a six day trip in 2007, 2008)
lip balm (hi SPF)
toothbrush; tooth paste
soap
naproxen; tylenol
Cutter Advanced mosquito repellent
some blister stuff
some kleenex
house and car keys
(3) spare camera batteries

Turquoise Toiletries Kit (for tent use)

kleenex
wash-n-dries (or large ones for cleanup)
foot care (blister blockers, toe corn protectors)
daily pills
diamox (acetazolamide) (250 mg: As a preventative for altitude sickness, take 1 capsule twice a day. Initiate 24-48 hours before reaching altitude & continue for 48 hours while at altitude, or longer as necessary to control symptoms. Makes carbonated drinks, beer taste strange.)
hair brush
Sudafed
neo-synephrine; saline spray
laxative, Imodium; tagamet; alka seltzer
spare sun glasses in light-weight case
spare LED headlamp with fresh lithium batteries
side pocket:
pen & very small note pad
PT tape
cash and ID (driver's license, health ins, emergency phone #'s, credit card)
spare car key
dental floss
nail clippers/file; straight pins

Incidentals (small eagle creek packing cube)

wash cloth
small towel
bathing suit
toilet paper in baggie