

## 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*

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**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**

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**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