**Equipment List**: (Cotton is not on the list and does not exist in the world of Outdoor Adventure—Please do not even **think** about bringing full cotton pants,shirts, socks or even undergarments)

\_\_\_3 pairs of socks(wool or synthetic)

\_\_\_2 pairs of lightweight synthetic sock liners

\_\_\_ 2 pants( hiking or track style lightweight nylon Zip off )

\_\_\_1 or 2 pair hiking shorts(nylon,synthetic –lightweight)

\_\_\_long underwear(tops and bottoms(best non-cotton)

\_\_\_ 2or 3 shirts (synthetic, breathable, one longer sleeve warmer)

\_\_\_ 1 fleece jacket

\_\_\_ rain jacket with hood (tested)

\_\_\_ rain pants (tested)

\_\_\_hiking boots( comfortable must be over ankle)

\_\_\_Camp shoes( Crocs work well)

\_\_\_toque

\_\_\_hat

\_\_\_small lightweight sleeping bag (2-3 pounds good to 0 degrees)

\_\_\_sleeping pad and bag

\_\_\_headlamp and small flashlight

\_\_\_batteries and extras

\_\_\_watch

\_\_\_camera

\_\_\_pocket knife (multitool or swiss army or the best)

\_\_\_insect repellant

\_\_\_lip protection

\_\_\_sunscreen

\_\_\_sunglasses

\_\_\_Personal First Aid Kit(blister pack, bandaids,tylenol, aspirin,ibuprofen,personal medications,

Inhalers,tweezers,needle)

\_\_\_biodegradable soap( green—good for yourself and dishes)

\_\_\_toothpaste and brush

\_\_\_washcloth (quick dry not cotton)

\_\_\_towel (2—one for yourself and one for dishes)

\_\_\_toilet paper (Ziploc it)

\_\_\_lighter and matches (Ziploc)

\_\_\_duct tape

\_\_\_pencil and journal(Ziploc)

\_\_\_bowl (lightweight plastic)

\_\_\_fork and spoon or spork (plastic lightweight)

\_\_\_ 2 water bottles non breakable 1 litre

\_\_\_ plastic mug

\_\_\_scouring pad for cleaning

\_\_\_sponge

\_\_\_plastic bags (Ziploc assorted sizes, orange garbage bags..

Food Recommendations: Do not bring any large cans… Remove all packaging prior to packing and use lightweight plastic bags and ziploc bags to organize meals.. Remember to include all instructions for cooking…

Breakfast- Oatmeal, bagels, granola, pancake mix water based(syrup,oil), dried fruit, hot drinks (tea etc) peanut butter, jam, pre-cooked vacuum sealed bacon, powdered milk for cereal…

Lunch- Bagels, salami, pepperoni, dried meats, jam. Peanut butter, dried fruit, dried nuts, tuna-foil sealed, mini cans of tuna, mustard, margarine…

Dinner- quesadillas(shells/cheese), spaghetti and sauce(packaged)(fine noodles), summer sausage, lipton pasta and sauce, pre-cooked rice, soups(dried), Pre-made instant dried meals,dried mashed potatoes, instant stuffing.

Snacks- dried fruit, trail mix, dried meats, non-melting chocolate, avoid chips/candy etc..

Drinks- powdered drink mix(crystal light), hot powdered drinks, water filtration