Packing list

Items that start with a "*"can be borrowed. Email the organizer or post the web site to see if anyone has a spare. Items with a "+" can and should be shared. Again email or posting is the best way to find someone to share with.

Clothing

Sleeping

Kitchen

Utility

Hygiene

Packing

Food

- Breakfast:
- Lunch:
- Snacks:
- Dinner:

Clothing

Notes:
No cotton whatsoever! This includes socks and jeans.
Plan your clothing so you can layer with it. Ideally if you get cold you should be able to put everything on at once.
Make sure to bring enough to keep warm at 0 C. They will be nowhere to go indoors.
You may already own clothes suitable in the form of workout clothes or running clothes.
Foot wear is very important to do right. Make sure to get good socks and shoes!

- socks (thin liner socks + cushioning socks, 1 set per day)
- underwear
- pants
- shorts or zip-off pants
- lightweight shirt
- light jacket for wind/cool conditions (fleece jacket/top)

- rain jacket+pants/poncho (Gore-tex jacket)
- long johns/fleece pants
- warm hat
- gloves/mittens
- brimmed hat (for sun)
- trail runners/hiking shoes/boots
- Hunter orange hat and/or vest(needed Oct-Dec unless hunting is prohibited)

Sleeping

- *+Tent
- *Sleeping pad
- *Sleeping bag

Kitchen

- *+pot
- *+stove+fuel
- spoon
- *cup (heat-resistant for tea/coffee)
- *water bottles (2L total capacity)
- *matches/lighter

Utility

- * thin rope (about 10M)
- camera
- headlamp(recommended)/small flashlight
- small pocket knife
- trash bag
- Optional, small light entertainment items for camp (book/knitting/cards/etc)
- a few ziplock bags to keep the above dry (plus a spare one or two)

Hygiene

- Toilet Paper (in ziplock)
- Hand sanitizer(small bottle, 1oz or less)
- Bandana
- Tooth brush
- Tooth paste
- sunscreen
- sunglasses

- other toiletries
- medicines/prescriptions
- glasses/contact lens solutions

Packing

- *Backpack
- *Stuff sack for clothes
- *Stuff sack for food
- *Stuff sack for other
- Yard waste garbage bag (for pack cover or liner)

Food

Notes:
Please bring no less than 1.75 KG and more than 3KG total for two days! You have to carry that weight and with dry foods that should provide plenty. Bring a little(!) more than you would normally eat as you will be hungry after a hard day of hiking.

Here are some suggestions on what food to pack:

Breakfast:

- Quick cooking hot cereals (Oatmeal, cream of wheat, etc)
- Cold cereals/Granola and powdered milk
- Bagels and Cream Cheese
- Tea and/or Instant coffee

Lunch:

- One of the following
    - Tortillas(my favorite)
    - Bagels
    - Bread
    - Crackers
- One or more of the following toppings
    - Cheese(my favorite)
    - Peanut butter
    - Nutella
    - Hummus
    - Salami
- Optional, drink mix (cool aid, crystal light, etc)

Snacks:

- Bars and/or candies (Avoid chocolate coated)
- Nuts
- Dried Fruit
- Trail Mix
- Jerky
- Chips or pretzels

Dinner:

- Ramen
- Lipton/Knorr Side dishes (generally pasta or rice based)
- Kraft Dinner
- Tuna Pouches to add to the above
- Instant Dried Soup mixes
- Freeze Dried Camping meals (Can be found at camping stores)
- + Optional, strong beverage of your choice(<8oz of port, rum, whiskey, bourbon, etc)
- Hot cocoa