

Backpacking List

Food (what I plan to take):

Fri Breakfast: (in hotel w/ fridge & microwave): Microwavable frozen breakfast skillet bowls (if the hotel has a continental breakfast we'll eat that, TBD)

Fri Lunch: Beef Jerky, energy bars, misc high calorie & protein snacks

Fri Dinner: Craft mac & cheese or Jumbalia (box meal, just add boiling water) with summer-sausage or they make a vacuum sealed precooked chicken that doesn't require refrigeration.

- I will be bringing a small pot and portable bunion burner for boiling water. In the evenings we can also make a fire for cooking and evening enjoyment.

Sat Breakfast: Mountain House dried meals (taste good & easy, just add boiling water. Can be found at Walmart, Meijer, Amazon). And/or granola with instant (dried) milk, oat meal, or breakfast bar.

Sat Lunch: (Same as Fri)

Sat Dinner, Sun Meals, & Mon Breakfast to be decided.

Mon Lunch (before we leave): At Miguel's Pizza in the R.R.Gorge (A must-eat tradition for each visit).

Other Food Ideas:

Breakfast: non-refrangible bacon & other meats, oatmeal, dry cereal, dehydrated eggs or milk, dried fruit, nuts

Lunch: Dried fruit, nuts, beef jerky, summer sausage (only as much as you will eat)

Dinner: Instant potatoes, pasta, ramen, instant rice, soup mixes (not canned food, too heavy), small packets of needed condiments (like found at fast food of: salt/pepper, ketchup, mustard, hot sauce, etc)

Drinks: Gatorade mix (just what you'll need in a ziplock), other mixes, tea, coffee in a filter pod. (we will be filtering water on the trail)

*Keep in mind what silverware, plates, etc you'll need. Try to keep it light & small, burnable if possible.

REI.com says: Weight and bulk: Stick to lightweight and low-bulk backpacking food as much as possible. Consider repackaging foods into resealable plastic baggies to minimize bulk and garbage. Be sure to clearly label the baggies and include cooking instructions. A reasonable goal is 1.5 to 2.5 lbs. of food (or 2,500 to 4,500 calories) per person per day depending on your size, weight and exertion level.

****Keep in mind when packing:** Is it worth taking and carrying around for several days & every ounce adds up! You don't want to be carrying more than 40lbs. Synthetic or wool clothing is ideal for its drying capabilities and light weight. Keep in mind the expected temperatures. I (Taylor) will be bringing a first aid kit.

Here's a link to an Amazon list I created to give you of a few items (keep in mind shipping time):

https://www.amazon.com/gp/registry/wishlist/FD81Q1UYZG65/ref=cm_wl_list_o_2



Backpacking List

Mandatory Items:

- Internal frame backpack (50-70L size recommended)
- Small tent or hammock w/rainfly
- Sleeping bag (that can fit in your bag)
- Pillow (I recommend this inflatable one on [Amazon](#))
- Compass
- Safety whistle
- Flashlight/headlamp & spare set of batteries
- 2 ways to start a fire (lighter, matches, flint, etc)
- ½-¾ roll of T.P. in ziplock
- 1 small trash bag for food waste, 1 large trash bag to cover backpack, maybe another small one for dirty clothes
- 30-40 feet of light/medium rope to hang bag off the ground in a tree to keep food away from animals
- Water filtration (I recommend Sawyer Mini found at Meijer or [Amazon](#))
- Some way of carrying around 1.5-2 liters of water per person (water bottles, hydration bladder)
- Knife (pocket knife or outdoorsy knife)
- Silverware or whatever you need for your food. Try to keep it light, small, and/or burnable.
- 4-8 squares of paper towel folded up
- Minimal toiletries (tooth brush, travel tooth paste, travel size contact stuff, non-scented deodorant, only minimum)
- 2 small bars of soap in ziplock for cleaning utensils and person



Optional Items:

- Closed-cell foam sleeping mat (Highly Recommended to stay warm!) (A cheap \$7 one from Walmart is just fine)
- Hydration bladder 2-3L (my favorite way to carry water. This one on [Amazon](#) looks decent)
- Camera
- Cell Phone
- Small bug spray (bugs not usually a problem in the R.R.Gorge)
- Small sunscreen
- A few ziplock baggies for holding & storing things you want to keep dry
- Light but warm blanket for sleeping
- Light & small pot? (I'm bringing one small pot for boiling water that you can use, depends on your food)
- 1 or 2 small hand towels for cleaning or personal hygiene
- 4-8 Wet wipes in ziplock
- Small hand sanitizer
- Small pocket saw for cutting fire wood (not every person needs one)

Mandatory Clothing (for on the trail, on yourself or in bag):

- Good shoes for hiking in all day
- Socks one for each day plus 1 extra (the best is synthetic or wool for moisture wicking)
- Underwear one for each day
- 1 pair of long pants each 2 days
- 1 shirt for each day
- 1 light jacket

Optional Clothing (for on the trail, on yourself or in bag):

- Rain gear or at least a small emergency poncho (I recommend Frogg Toggs)
- 1 hat
- 1 pair light gloves
- 1 pair long underwear/thermal shirt
- Sunglasses
- Light pair of flipflop sandals for around camp

