

ADDITIONAL GEAR FOR SUMMER GUIDED OVERNIGHT CAMPING



PERSONAL ITEMS

- ___ tent(s) to sleep the number of people in your party
- ___ fork
- ___ spoon
- ___ bowl (plastic)*
- ___ cup (plastic)*
- ___ 2-3 water bottles (1 liter each)
- ___ biodegradable toilet paper
- ___ small flashlight w/new batteries
- ___ sunscreen
- ___ insect repellent (non-aerosol)
- ___ medication

OPTIONAL ITEMS

- ___ binoculars
- ___ pencil/pen/notebook
- ___ hand sanitizer
- ___ work gloves (come in handy to gather wood)
- ___ warm hat (evenings can be chilly)
- ___ Dry bag & water shoes (for paddling trips)

MH&T PROVIDES

- Canoe/kayak/PFD's and paddles
- Food
- Fuel
- Cook Set
- Water Filter
- Communication
- First aid

***NOTES ON GEAR:**

NO COTTON – why not cotton? Cotton is very comfortable but it likes water. It absorbs and retains water from rain, fog and sweat. Cotton shirts, sweatpants and jeans can take days to dry in the backcountry. This keeps a person wet and cold. This is a dangerous situation that can lead to hypothermia even in the summer. Wool and synthetics get wet but do not absorb water. This makes them better materials for the backcountry. Polypropylene has been specifically designed to wick moisture away from the skin keeping the wearer warm and dry. Wool, polypro, nylon, silk and fleece are the best materials for the backcountry but any synthetic is better than cotton.

***THE SOCK CONCEPT:**

A thin liner sock of polypro, silk or other synthetic fiber goes next to the skin. A thick wool or synthetic sock goes over the liner. The socks slide on each other instead of the foot to reduce the chance of blisters. This combination also keeps the foot dryer. If the socks get soaked in the rain or a stream they can be wrung out almost dry.

***SHORTS, PANTS & NYLON:**

Hiking in shorts is the way to go. Pants drag on the top of the thigh and knee every time the leg is lifted. This can sap energy from a weary hiker. Lightweight nylon shorts dry fast, stay dry and don't drag on the legs at all. A swimsuit or gym shorts work great. Pants are mostly worn around camp to keep the bugs at bay or for extra warmth in the evenings.

***PLASTIC BOWL & CUP:**

Plastic, what about my aluminum cook set? Either will work. A plastic bowl & mug keeps food warmer longer and doesn't burn hands when full of hot food. Plastic is also easier to clean with cold water. A rubbermaid or tupperware type bowl with lid works great. Some folks use an insulated coffee mug. A lexan fork and spoon are also nice.