McDowell’s List:

Gear:

* Backpack (Arcteryx 65L long)
* Boots (with insoles)
* Gators
* Camp shoes (Natives)
* Trekking poles
* Butane stove
* Butane canister x2
* Tent
* Sleeping bag (down/synthetic)
* Thermarest
* Stuff sacks (food/clothes)
* Headlamp
* Hammock
* Toothbrush / paste / floss
* Swiss army knife
* Spoon
* Pots
* Lighter/matches
* Mug
* Pack cover
* Water bottle (Nalgene 1L)
* Chlorine tablets
* Camera
* Sunglasses
* Sunscreen
* Blistex lip balm
* First aid kit (with foot tape!)
* Gold Bond foot powder
* Dr. Bronner’s soap (biodegradeable)
* Towel (lightweight camping towel)
* Toilet paper (half a roll)
* Watch
* Whistle
* Book
* Plastic surfer figurines

Clothes:

* Hiking socks x2
* Board shorts x2
* Rain pants
* Rain jacket
* Stanfield wool sweater
* Polar tech hoodie / long underwear
* Merino wool long sleeve
* Long johns
* Cozy socks (bed time)
* Toque
* Hat
* Down vest

Food:

* Mountain House dehydrated dinners x6
* Sides (Potatoes/Deserts) x4
* Oatmeal x7
* Instant coffee x7
* Dehydrated fruit x7 (for oatmeal)
* Almonds
* Energy Bars (3 per day = 21)
* Fruit Bars x7
* Spirulina tablets x14
* Emergen-C vitamin powder x7
* Condensed milk (for coffee)
* Protein powder
* Dried mango
* Dates x14
* Mr. Noodles x1
* Hemp hearts (for oatmeal)
* Tea x7 (for night time)
* Pepperoni sticks x14
* Beef Jerky (4 packs)
* Salmon Jerky
* Gummy candies