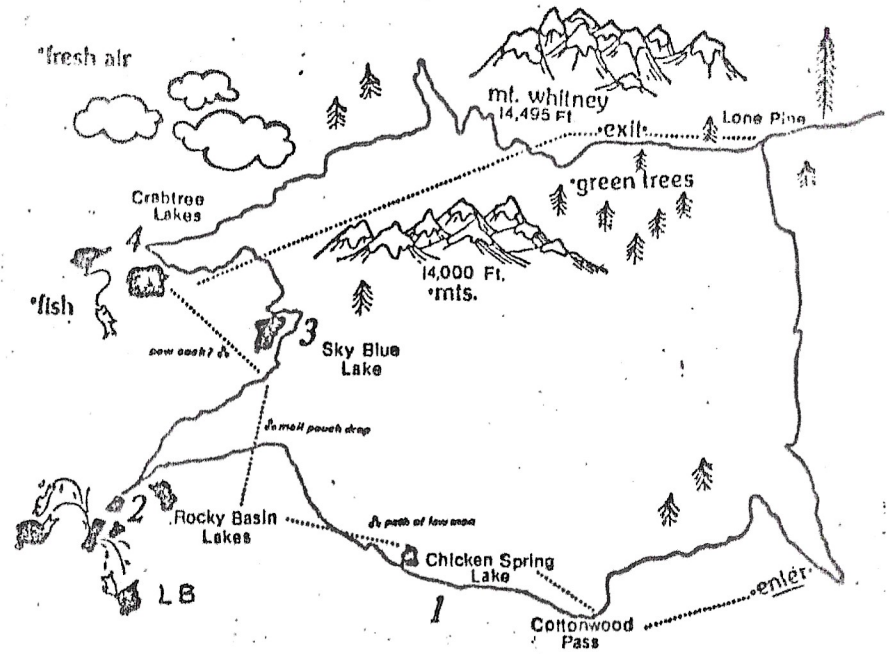


HIGH SIERRA BACKPACKING



NOTES DEVELOPED by

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REV. C. JUL. 1979

ITINERARY & MENU GUIDE

DATE	LOCATION BREAKFAST	LOCATION LUNCH	LOCATION DINNER
TOTAL FOOD REQUIREMENT			

● BASIC ITEMS

TARP - LT. WT. GROUND COVER,
ALSO EMERGENCY SHELTER

TENT - LT. WT. TWO MAN BACKPACKER
TYPE WITH RAIN SHIELD.
PLASTIC TUBE TENT IS A GOOD
ALTERNATIVE, LT. WT., INEXPENSIVE
BUT GOOD FOR ONE TRIP AND IT
TENDS TO COLLECT MOISTURE INSIDE

FOAM SLEEPING PAD - full length
2 1/2" EGG CRATE TYPE DESIGN,
LT. WT - GOOD INSULATION AND
CAN BE PACKED IN SMALL ROLL.

BACKPACK FRAME & CARRY BAG -
QUALITY LT. WT ALUMINUM TYPE,
PADDED SHOULDER STRAPS AND
HIP BELT RECOMMENDED.

MAPS - USGS TOPO TYPE MAPS - CUT
& PREASSEMBLE - FOLD & CARRY
IN PLASTIC BAGGIE

SLEEPING BAG - QUALITY LT. WT.
FIBER FILL TYPE (10-15°F WT.)
INEXPENSIVE, EASIER TO DRY OUT
& CLEAN, ALSO INSULATES WHEN
WET

• FOOD:

INSTANT TEA MIX, hot & cold drink
INSTANT COFFEE
CEREAL - INSTANT CUP TYPE
SOUP - INSTANT CUP TYPE
LEMON JUICE - RECONSTITUTED
SALT & PEPPER
SACCHARIN TABLETS, SUGAR SUB., LT WC.
VITAMINS - GEN. PURPOSE & VIT. C.
MARGARINE - LIQUID TYPE
CHOCOLATE - POWDERED DRINK
COFFEEMATE - MILK SUB DRINKS - CEREAL
BOUILLON CUBES - VARIOUS FLAVORS
NOODLES - INSTANT CUP TYPE
TRAIL MIX - FRUIT, NUTS, GRANOLA, ETC.
FRUIT - DRIED, RAISINS & PRUNES
BEEF JERKY.
CORN MEAL.
LUNCH - FIRST DAY ONLY, SANDWICHES

BASIC FOOD IS FRESH TROUT -----

• TIPS:

COOKING TROUT - COVER WITH CORN MEAL, PLACE IN TEFLON SKILLET, HEAVY SIDE TO CENTER, COVER WITH FOIL & COOK APPX 10 MINS. PER SIDE. USE LIQUID MARGARINE TO ADD FLAVOR, SERVE HOT OR WRAP IN FOIL FOR COLD TRAIL LUNCH

PLASTIC GARBAGE BAGS :- MANY VALUABLE USES. TIE UP FOOD & STORE FOOD HANGING FROM A TREE AWAY FROM VARMINTS, CARRY SNOW, POORMANS RAIN PANCHO, BACKPACK RAIN COVER, USE TO WRAP FISH & TO CARRY TRASH OUT.

PACKING FISH - CLEAN FISH & PLACE IN SNOW OR LEAVE OUT ALL NIGHT ON STRING TO GET AS COLD AS POSSIBLE. WRAP IN PLASTIC GARBAGE BAG. PLACE PACKAGE IN THE MIDDLE OF SLEEPING BAG ROLL. INSULATION WILL KEEP FISH COLD FOR MANY HOURS.

FOOT CARE - WEAR A KNOWN PAIR OF BROKEN IN BOOTS, CHANGE SOCKS EACH DAY. USE TINCTURE OF BENZOIN ON KNOWN TENDER SPOTS TO TOUGHEN SKIN IN ADVANCE OF TRIP. PUT MOLE SKIN ON CRITICAL SPOTS. FOAM TOE CAPS ARE AVAILABLE. USE LIQUID BANDADGE ON SORE SPOTS.

• ADMINISTRATIVE:

STATE FISHING LICENCE

WILDERNESS PERMIT

ITINERARY - PREPARE AND LEAVE
WITH APPROPRIATE PERSONS

TRANSPORTATION ARRANGEMENTS

CHECK FISHING REGS. FOR AREA

• FISHING GEAR:

FISHING ROD - BACKPACK BREAK
DOWN TYPE - LT WT SPINNING
ROD

FISHING REEL - MITCHEL 300/308 TYPE

SPOOLS - 4lb test / LINE, EXTRA / LINE

FISHING CREEL - CARRY BAG

LEADERS - 2, 1, 3/4 lb test

SNAP & SWIVELS - VARIOUS

SPINNING LURES - MEPPS TYPE, VAR.

FLIES - MANY & VAR. TYPES & SIZES

CASTING BUBBLES

SHOT WEIGHTS - VARIOUS

PLIERS - SMALL

HOOKS - ASSORTMENT

BAIT OPTIONAL (WORMS & EGGS)

KNIFE - OPTIONAL - USE POCKET KNIFE

HOOK SHARPENER

SPARE REEL - ONE PER PARTY

REEL LUBE & REPAIR KIT - ONE PER PARTY

FISH STRINGER

① CLOTHING:

HAT - FACE SHIELD, SUNBURN
JACKET - MED. WT., LINED WIND BREAKER
PANTS - ONE PR JEANS, WASH & WEAR
SHIRT - MED. WT., LONG SLEEVE
SOCKS - 4 PR. MIN., QUALITY TYPE,
CUSHION SOLE
UNDERWEAR - SHORTS & T SHIRT
WASH & WEAR, 2 PR. EA.
BOOTS - COMFORTABLE WALKING TYPE
SHOULD BE BROKEN IN
GLOVES - ONE PR - WALKING & COOKING
HANDKERCHIEFS - WASH & WEAR, 2 PR
KNIT SKI CAP - USE IN SLEEPING BAG
PAJAMAS - ONE PR, LT. WT.

② PERSONAL ITEMS:

TOOTHBRUSH & PLASTIC HOLDER
TOOTH PASTE - 1 TUBE PER PARTY
COMB
TOWEL - DARK COLOR
SOAP & PLASTIC HOLDER
HAND LOTION
RAZOR
BLADES
SHAVING CREAM } ONE SET PER
PARTY - SHAVE
IN SIGNAL MIRROR
TOILET PAPER - ONE ROLL PER PARTY
SEWING KIT - ONE PER PARTY
ASPRIN
DECONGESTANT
CHAP STICK
SMALL NAIL BRUSH
DISH TOWEL
LIQUID SOAP - SMALL TUBE
PENCIL
GLASSES, SUN & READING (OPTIONAL)

● SUNDRIES:

FIRST AID KIT - EXTRA BAND-AIDS
SNAKE BITE KIT -
INSECT REPELLANT -
SUNBURN LOTION - SEA & SKI
FLASHLIGHT - SMALL, FRESH BATT.
CAMERA & FILM - ONE PR PARTY.
SIGNAL MIRROR - EMERGENCY
FLARE KIT - ONE PER PARTY - EMERG.
NYLON CORD - PARACHUTE TYPE
APPX. 5 ea - 10 TO 20 FT LONG
RUBBER BANDS -
DUCT TAPE - CARRY ON PACK FRAME
BLISTEX - COLDSORES.
TINCTURE OF BENZOIN
PAPER GAUZE
LIQUID BANDAGE, (NEW SKIN)
MAGIC GLUE
SLING SHOT - ONE PER PARTY (OPTIONAL)

● UTENSILS:

CUP - LARGE, UNBREAKABLE
FORK & SPOON
KNIFE - USE POCKET KNIFE
PLATE - LT. ALUM. TYPE
POT - 1 1/2 QT SIZE - WITH LID
SKILLET - 10-12" TEFLON COATED
SPATULA - WOOD OR TEFLON COATED
FLASK - PLASTIC
POT HOLDER
ALUMINUM FOIL - ONE ROLL
PAPER TOWEL - ONE ROLL
MATCHES - ALTN BUTANE LIGHTER
SOS CLEANING PADS
PLASTIC GARBAGE BAGS
PLASTIC BAGGIES - ZIPLOCK BAGS
COOKING GRILL - LT WT. SMALL
TWO PER PARTY
WATER CONTAINER - FOLDING, PLASTIC,
2 1/2 GAL SIZE

