

- 1) Pack: Purchase a pack that has many lashing straps and left right pockets. Lashing straps need be on the sides, top, bottom, and string bindings on the back for snap-links. I carry 'the colonel' by 'tri-pole'...a 95-liter main compartment pack with a 15-liter detachable smaller pack zipper-attached to the back. 95-liter would be the minimum. I also have an adjustable shoulder harness and the pack material is a heavy weight cordura. This carries much of what my dog and John will need.
- 2) Canteen: there are different types of canteens. Mine has a fitting cup and also a fitting sterno oven. The oven is incase you have a small meal such as soup and don't want to drag out the mess kit and build a fire. It all telescopes inside the canteen holder.
- 3) Tent obviously: 4 season tent recommended, you pick the size. But a 3 man tent would be maximum for to carry on a pack. Also, get one with a 4 point hanging shelf so you can support your 5 gallon bag shower. The tent should also have a 'footprint' tarp bought separately. This is very small when rolled up and provides protection from the ground against floor penetration...such as rocks, sticks, etc. Also the footprint-tarp will be used for internal tent showering. See #4. I have a 2 man tent for John and my dog. It has pockets in all 4 corners and the 4 point attachment shelf above.
- 4) Showers: hygiene is important toward morral. You will be sweaty, dirty, and will want to wash up. A 5 gallon camping bag shower is great. There is a great way to take your shower inside the privacy of your tent. First, set up your tent, but don't stake down. Now, simply unroll your tent tarp inside your tent. The tarp should be sized approx.. 1 foot larger than your tent floor on all sides. Tent tarps come in various sizes. Once the tarp is laid out, put your clothes under the tarp in one corner. Hang your towel. Duck-tape on four corners and in the middle of your tarp up the sides of your tent. This will provide a waterproof liner in your tent. Fill the bag shower with $\frac{1}{4}$ hot water and $\frac{3}{4}$ cold, this will provide the right temperature. You only need 2 gallons of water, not 5, eventhough it has 5 gallon capacity. You can also wrap the bag with a bunggy cord to provide increased pressure. Place the bag in the shelf at tent top horizontal obviously (thus the reason for a tent with ceiling shelf). Method to shower is efficient. Rinse and get wet. Turn off the nozel. Lather up and get clean. Then rinse all bubbly soap off. Turn off nozel. Use your hands to slick off all soap grease. Rinse again. Slick off again with hands. Repeat 3 to 4 times and you will be squeaky clean from only 2 gallons (this method can also be assisted by pouring some water into the liner floor before starting with showering. It creates a splash-bath effect on perhaps $\frac{1}{2}$ inch of water. I used this method during the 2 years I used a bag shower, but back then I heated my water with a coffee pot). Once finished, stand in bent position, dry off in standing $\frac{1}{4}$ inch or less of water. Untape the tarp and gather up around you. Hold sides and corners in a bundle as you step out. You can then open tent door and pour out or use the hole eyelets on all 4 corners and sides to tie up the tarp to ceiling as you get dressed. Then open door and empty. Then, rinse your tarp with some canteen water and take your damp towel and dry off the tarp. Drag your tarp underneath your unstaked tent, then stake-down. This method will allow for showers at your convenience provided we find enough water and there is no need for a communal shower system where lines are involved. Also, include in your camping supplies a laundry line designed for camping. Its small and in a contained roller. You will want to hand wash your clothes and hang to dry.
- 5) Cooking, heating, light: Battery light is fine but I recommend saving battery life by using a lantern. I use a large special designed lantern of 10 candle power. It uses Kerosene not candle oil. It has a large tank (I think 32 ounces) that will last for days. It is specifically designed for light, heat, and cooking and comes with a hot-plate on top where one can place a pot or pan. Its cooking use is great incase you want to cook indoors and not effort a camp fire (and incase too many flies or mosquitoes outside) Its, as I said, a mini kerosene-heater in the form of a kerosene lantern. It is easily attached to the pack securely with small lashing straps made from a lashing strap kit you can also buy.
- 6) Sleeping bag: You will want a mummy sleeping bag. Its compact. Not a full size sleeping bag. Full size will likely not fit in the sleeping bag compartment of modern packs. You will also want a sleeping bag pad. But not foam nor self inflatable. These are too big for your pack. You want a simple blow-up yourself pad. One you blow into. It will rollup completely flat and small. Self-inflatables have foam and are way to big for packs.
- 7) Walkie-talkies: Bring a small walkie talkie for communication up and down the line. Channel 16. Buy a CB frequency, as I have a CB, not UHF. A simple one will do. This also that we may communicate at night when encamped, without having to visit in person. Tent to tent and me on watch.
- 8) Pets: I will carry mine in a sling specifically design for small dogs. Either over the shoulder or slung over the top of the pack with the shoulder strap lashing-strapped to the pack. You can also use a soft-shell small pet carrier with its shoulder strap slung over the top of pack and secured with lashing straps.
- 9) Stuff: Bring flint-striker, binoculars, batteries, soap container with soap, collapsible camp fire stove (very small), mess kit, multi tool, fork-spoon utensil, Bible of course, survival knife (large), transistor radio (very small), I also have a mini collapsible fishing rod, machete-large, flashlight, pocket knife, 50 feet rope suggested, rollup bag shower 5 gallon, snap links, clothes obviously, gloves, fire starter sticks, even a harmonica so you can make music. These some suggested items. Also, Also, Also. Learn to tie a bow-line knot. If there is one camping knot you need to learn, it's the bow-line. It is invaluable. For example. If you want to take an external shower, tie your 50 foot line (or smaller line) between 2 trees using a bow-line. Throw your tent-tarp over it, hang the bag shower from the taut line, and your set. If trekking down an incline where rope support is needed, tie a bow-line and then attach a snap link. The bow-line knot is completely reliable as it wont and cant untie under pressure. The reason is because the rope itself passes through the knot loop in its design. Thus all weight is on the rope-width itself. It is, essentially a padlock as a knot. The bow-line is critical in its many applications.