

Preparation Pack: 1-10 Day Camping

What To Bring:

- A [map of the area](#)
- Sunscreen & sunglasses
- Chapstick (built-in SPF)
- Water (see below for suggested amount)
- Protein bar or substantial snack for Day Hikes away from camp
- A compass (or previously downloaded cellphone app- see below)
- Rain jacket or waterproof shell
- DEET insect repellent
- Headlamp
- flashlight and/or lantern (bring extra batteries)
- Tents, poles, stakes, stake mallet, ground tarp
- Sleeping bag, sleeping pad, pillow
- Gas stove & fuel
- Meals (appropriate food portions by length of trip outlined below)
- Lighter/waterproof matches
- Frying pan & cooler
- Sleeping bag & pad
- Toiletries (remember cleaning wipes!)
- Camera / film / data card
- Binoculars
- Separate plastic bag for trash, Help keep our parks clean :)
- Small First Aid Kit
- Benadryl

What to Wear:

*Below are general guidelines on packing for 5 days to hike in High Desert areas; please refer to our [Gear Guide](#) for our favorite gear picks and recommended brands.

- 2 Dry fit tees or tanks
- 2 Dry fit shorts, leggings, or lightweight pants

- 2 Dry fit undergarments (bras / underwear)
- 2 Shin high hiking socks (thick/wool during colder months)
- 1 Pair hiking boots (ankle height recommended for extra protection from snakes)
- 1 Lightweight fleece (during cold months)
- 1 Rain jacket or waterproof shell
- 1 Baseball cap/sunglasses/sunscreen

Suggested Food and Water Amounts:

When pondering how much or little to carry, err on the side of taking a little more. For five days hiking and camping, we suggest you purchase a water filter (either a straw or another type of quick filter tool [like this](#)) and bring a portable gas stove.

We also recommend you have:

-One **32 oz. water bottle** or bladder.

-**Freeze dry kits (5)** that offer all-day meals like Omelettes, pancakes, Granola with blueberries, Risotto with chicken, Lasagna, and Pad Thai.

-**Snacks (5-7)** like jerky, dried fruit, fig bars, bagels (shorter trips), energy bars and nuts.

-**Dry foods (3)** like instant rice, pasta, noodles, soup mixes, and drink mixes are light, take up minimal volume inside a pack, and offer you some decent taste alternatives.

Ways To Prepare:

-Go to <https://www.nps.gov/bibe/planyourvisit/maps.htm> to checkout any alerts that may be in effect in your National Park.

-Hydrate more than usual 2 days prior to your trip, High Desert National Parks have extremely dry climates with high elevations which dehydrate you quickly

-Pack beforehand and test out the weight/ sturdiness of your backpack prior to departing

-Download the recommended apps below, or print out a map from the site listed above, and get familiar with the park and your potential route(s).

-Know how much water to bring. The general rule for drinking water while hiking is **2 cups (1 liter) per hour**. A number of things can go wrong on the trail, no matter how much preparation you put in, so bring enough water to sustain you for a few extra miles just incase.

-Always tell at least one person where you're going, your estimated time of departure, any relevant medical conditions, your final destination and expected time of return.

Cellphone Apps:

*To be downloaded prior to park arrival.

*None of the below apps require cellular service.

-Galileo: Detailed and easy to use offline maps.

-Offline Topo: Downloads USGS topography maps to your phone.

-My Altitude: Uses your phones GPS signal to determine your altitude.