

A non-detergent soap should be used for washing dishes and for bathing.

- (4) The following items not necessary
rubber knee boots, shovel, extra clothes except socks & shoes,
aerosol bomb
- (5) Have good shoes for hiking, that is a durable pair that will not wear out in 10 days.
- (6) 3 bottles of mosquito repellent is adequate for 5 people 10 days
- (7) small flush lights instead of large ones (1 per tent)
- (8) allow 2 days from Lawrence to Ely.
- (9) hats are prerequisite
- (10) carry 2 axes
- (11) a ^{large} sponge is good for washing dishes & mopping out cones.
- (12) A reflector oven is worthwhile - avoid long baking cakes.
- (13) Cakes should be baked in large shallow pans for speed of baking
- (14) use dry milk (powdered & instant) only
- (15) one does not use much sugar (1 cup for 5 people in 10 days) except when Tang is used.
- (16) One could live on: fish, berries, bismack, grease & salt.
- (17) Foods requiring long cooking over fire are undesirable.
- (18) Eggs & potatoes (dried) a good substantial meal.
- (19) Carry a duplicate map & compass
- (20) Water-proof matches only. Do not make mistake of placing friction type match in water-proof container with the accompanying friction slip on side of match box.
- (21) Each individual should have a pocket knife & matches
- (22) A plastic tube is good for blowing up air mattress and keeping hot fire under pan as well as a good shower head when water is siphoned from a bucket of water.
- (23) mattress valves should be fastened to mattress so it will not be lost.
- (24) Cloths should include: light-weight shirt (long sleeves), durable jeans, warm jacket, socks, poncho, hat.
- (25) Cooking equipment should include 1 large fry pan, one small fry pan, one large handled pot, ^{and lid} one small, one washing pan, 1 spatula,