







NO	Yes	Yes, also good	AVOID
<p>\$200 North Face fleece</p> 	<p>\$25 Generic polyester fleece jacket</p> 	<p>Old wool or polyester sweater you probably already own</p> 	<p>Avoid cotton sweatshirts!!!</p> 
<p>\$350 fancy Gore-Tex rain coat</p> 	<p>\$65 simple waterproof-breathable raincoat</p> 	<p>Nylon windbreaker + \$12 vinyl poncho</p> 	<p>Bad... No hood. No zipper. Water-absorbing cuffs.</p> 
<p>\$50 Under Armour thermal undershirt</p>  <p><i>Yes, they all...</i></p>	<p>\$15 Generic synthetic thermal undershirt</p>  <p><i>...look...</i></p>	<p>Synthetic pajama shirt</p>  <p><i>...the...</i></p>	<p>Avoid cotton thermal undershirts (check label)</p>  <p><i>...same</i></p>

NO	Yes	Yes, also good	AVOID
<p>\$25 Steel (heavy) sport bottle</p> 	<p>\$8 Mid-weight plastic bottle</p> 	<p>Free, lightweight & recycled</p> 	<p>Nope. Water only!</p> 
<p>\$25 Maglite high-power tactical spotlight with 5 D cell batteries</p> 	<p>\$10 Weather-resistant, mid-power LED headlamp</p> 	<p>Any small generic flashlight, as long as you TEST it before camping</p> 	<p>No blinding over-powered beacons needed.</p> 
<p>\$15 dehydrated lasagna (dinner)</p> 	<p>\$2 quick-cook couscous, add cheese & dry sausage</p> 	<p>\$0.25 ramen, add small can of chicken or tuna</p> 	<p>Avoid complicated preparation</p> 
<p>\$5 dehydrated omelet (breakfast)</p> 	<p>\$0.50 oatmeal packets</p> 	<p>\$0.20 hardboiled (at home) eggs</p> 	<p>Don't "cook"! Just heat, eat, and go!</p> 

NO	Yes	Yes, also good	AVOID
<p>\$300 heavy-soled thick leather boots that you'll outgrow by next year</p> 	<p>Light, but still sturdy, leather hiking boots</p> 	<p>Waterproofed leather+fabric hiking boots</p> 	<p>Work boots are not great for hiking. And NO SNEAKERS!</p> 
<p>\$180 Ultra-multi-super-tool</p> 	<p>Small, <u>simple</u> Swiss Army knife (with scissors recommended)</p> 	<p>Sturdy folding knife</p> 	<p>No fixed blades. And you don't need a "tactical" knife to open a snack bag.</p> 