# "Essentials Only' Burning Man Packing List

These make your stay comfortable at a baseline level

### Shade, Tent and Sleeping

Sturdy, wind-resistant tent (with 18"-24" rebar stakes)

Tent ground cloth

Warm blanket(s) and sheets (gets @ 55 degrees at night) or sleeping bag

2<sup>nd</sup> set of sheet to cover your bed and clothes.. Keep them dust free

Sleep mattress/pad and pump (if applicable)

Pillow(s)

Ear plugs (these are a must)

Small shade structure or awning, i.e., 10'x10' (with 18"-24" rebar stakes and tarp for floor)

Small plastic soda/juice bottles, orange rebar caps or tennis balls to put over rebar stakes

Camp Chair

Tap light for your tent

Getting Around

Bike (wide wheeled) and Bike lock Camel Pack, Day pack and spare TP Several liter size water bottles 2 headlamps

#### Health Aids and Toiletries

At Least 1.5 gallons of water/day/ person (for drinking, bathing, dish washing – buy in Reno or Sparks)

SUNSCREEN!

Sunscreen lip balm

Emergen-C electrolytes

Body lotion, suntan lotion, Aloe

2 Capstick- Burts Bees is Great

Supplements, vitamins and medicines

Benedryl/Ambien/Melatonin

Mirror, comb/brush

Shaving supplies

Condoms, contraceptives and favorite goodies

2 Toothbrushes and paste

Bath towel, biodegradable shampoo, conditioner, soap, deodorant, loafa, Scrubby Soap

Kleenex, Q-Tips

Baby wipes

Band aids, Neosporin

Safety pins, Needle and thread

Eye drops

Vinegar - to wash your feet off

Towel to dry off with, or a sarong

Small hand towel for your Tent

Glasses (sun and reading), contact lenses and a spare pair of sunglasses

Extra Contact Lenses

Small first aid kit

#### For women

Leave in conditioner/ detangler
Hair rubber bands
Tampons
Pads
Makeup remover
Birth control

#### Power and Tools

Pen knife, hammer, duct tape, extra rope
Old clean-up towels
2 flashlights
Extra batteries for flashlights
Lighter(s) and matches
Work gloves
Carabineer
Mini flash light
Duck Tape

## Kitchen Stuff

Silverware, plates, bowls, cup(s) - disposable is easier for BM, recycle them back home Kitchen knives, can/bottle opener, corkscrew
Table and chair
2-3 large, heavy-duty garbage bags and several zip-lock bags
Coolers
Ice/dry ice -you can get this in Reno or Sparks
Coffee Mug- sealable
2 nalagenes - 1 for your tent, 1 for your camp

#### Food

(Appetites go way down - don't overstock)
Fresh fruits and veggies for first 1-2 days
Nuts and dried fruit
Protein bars (many)
Pre-made dishes (rice and pasta dishes do well)
Juice, beer, wine and soy, rice and/or powdered cow's milk, etc.
Cereal
Munchies
Other:

#### Clothes

Rain poncho or rain jacket
Hat and/or scarves
Underwear, socks, t-shirts
Shorts/skirts
Pants
Shirts (long and short-sleeved)
Warm clothes for bed on cold nights (sweats, long johns)

Jackets, sweater, sweatshirt for nighttime Shoes, flipflops, sneakers and/or sandals

Playa costumes: clothes, creative footwear and headwear, jewelry, wigs, LED lights and body paint, make-up, etc., etc., etc.

LOTS of clean socks

Sarong (good as a skirt, towel, anything)

#### Miscellaneous

Clock/watch
Entheo supplies
Small note pad and pen
Playa card or bus. card
Goggles- both dark and light lenses
Mask/bandana/ dust scarf
Stuff that will make you, your bike, your bag GLOW!
Misting Bottle- nothing feels better.. well maybe nothing ©
Disposable camera
Personal Pocket Ashtrays
Tie Straps
Sharpie/Permanent Marker

Put all your valuables in 1 sealed container In a safe place.. in your tent! Not in your car

Keys to your car
Wallet
ID
Cell phone
Credit cards
Emergency contact info

Big NO NOs

Glass Feathers

Cigarette Butts on the Ground

July, 2006

Compiled by Janis Phelps and Liz Campanella