

## The Healthy Voyager's Burning Man Must Haves & Checklist

### Supplies

\* = anything with the star is more of a “luxury” but will make life easier. Everything else is pretty much necessary and you don't want to be caught out there without it cause you can't buy anything out there and you can't leave.

- **Baby Wipes** – As many boxes as possible, these will serve as your “shower” and keep you fresh and clean. Also good for the bathroom.
- **Backpack or foldable cooler** – To have your must-haves when out and about. We have baskets on our bikes to store our bags. I always have water, snacks, chapstick, goggles, gas mask and other crap in my basket bag so I'm not caught without stuff I need in case I'm really far from camp.
- **Batteries** – of all shapes and sizes. Bring more than you need for all the appliances you are bringing.
- **Battery Powered Fans** – For your tent, the days are damn hot.
- **Bikes** – Personalize them as best you can so they are unique enough to not be confused with other bikes. Plain bikes get stolen a lot. Also, trick them out with lights for easy visibility at night.
- **Blinky lights** – To wear, as well as for your bikes. It's pitch black and the more lit up you and your bike can be, the safer you will be.
- **Bowl** – A big bowl is great to fill with fresh water to wash your face & brush teeth. Makes it way easier.
- **\*Earplugs & eyemask**– so you can try and drown out noise & light when you wanna sleep.
- **Eyedrops** – it's dry out there
- **\*Reusable dishes, cups & utensils** – Disposable is fine but remember, we need to haul all of our trash out.
- **Flashlights** – You will need as much battery powered lighting as possible at night as your tent will be pitch black. Plus you'll need them for the bathrooms, etc. You can never have too much battery powered lighting.
- **First aid stuff** – bandaids, alcohol, etc. You don't want to be scrambling for shit if you need it.
- **Folding chairs & table** – So you have places to sit at camp in front of your tent to hang and eat.

- **Generator** – If you don't have one, camp with someone who does so you can charge camera batteries and even use some cooking appliances, etc. My fave is the George Forman Grill to make toast, paninis, quesadillas, burritos and other hot goodies.
- **Goggles and gas masks** – Always have them with you in case you're stuck in a dust storm. Army surplus stores have these.
- **Large Coolers** – You will need to buy all of your food for the week, nothing is sold there so you will need enough coolers to keep refrigerated food and drinks cold. Ice is the only thing sold out there so have enough cash for that (oh, and latte's). We usually have about 4 huge coolers to store all of our stuff for the week.
- **Large garbage bags** – We need to haul all of our garbage out because trash cans are not provided
- **\*Large plastic ziplocks** – They sell utility sized ones for clothes. These are good to seal your clean clothes and electronics to store in your car during the burn. You will want clean clothes for your first real shower after the burn. Plus you want to keep your phones stowed and safe because they are useless out there, no cell service or wifi.
- **\*Plastic Bins** – Great to put your supplies and clothes in. Like the big storage bins you get at target or big lots. Great to keep dust out of stuff and won't ruin nice luggage.
- **\*Plastic sheeting** – to cover your bed during the day to decrease dust and dirt on your clean sheets.
- **Refillable water bottles** – You will want to have water with you at all times
- **Small cooler** – for makeup and lotions, to keep cool or on ice. Makeup melts in the heat and lotions leak.
- **Sunscreen, lots of lotion, antibacterial stuff & chap stick** – Not many places to hide from the sun during the day. Plus it's insanely dry.
- **Tent** – the bigger and comfier, the better. You want to be able to fit all your stuff. in your tent to keep it secure.
- **Toilet paper & Paper Towels** – You should always have TP with you when you go to the bathrooms.
- **Shade Structures** – To put over the tent to create shade and airflow to keep the tent cool. Also for seating, eating, cooking. Make your camp as shady as possible for maximum comfort.
- **Warm bedding** – it's cold at night
- **Wash cloths & towels** – for “bathing”

- **Water** – The best thing to do is get two 5 gallon jugs at a water place. Hand pumps are great so you can get the water out easy. This water is for drinking as well as brushing teeth, “bathing”, etc.

## **Fashion**

- Don’t bring or wear anything you care about, it will be ruined. Playa dust is so fine that it’s almost impossible to get out.
- Think Mad Max. Hot as heck during the day, pretty cold at night. Funky clothes for a post-apocalyptic environment. Be creative and fun! Thrift stores are the best!
- Comfortable, protective, ratty shoes. They will get ruined. Combat boots are great.
- Hair ties – girls hair gets gross out there. Braids, buns, ponies – all good options. As are wigs!
- Goggles and gasmasks
- Layering – great to have light stuff to layer, take off and put on
- A great big fuzzy jacket – for the nights
- Hats – for nights too
- Blinky lights
- Lots of clean underwear and socks – it keeps you from feeling super gross
- Perfume and body spray – to smell less gross
- Bring a few changes of clean clothes for the 2 day trip back home. Comfy clothes for the drive up that you don’t care about to set up camp once you get there. We usually stop half way on the way up and back to get in showers, etc.

## **Food**

While eating is important out there, it’s tough cause it’s hot and dirty so easy to slap together stuff is important. Plus you shouldn’t depend on anyone bringing any sort of hot plate to heat food up. Grills are not allowed either.

We usually stop at a big Wal-Mart in Reno for last minute supplies and food.

- Lots of water
- Gatorade – to rehydrate
- Light snacks – chips, salsa, hummus, cookies, etc

- Snack bars
- Food that can be eaten cold or out of the package or can
- Pb & j
- Cereal
- Tortillas and things to easily wrap in tortillas
- Buy pre-made sandwiches and burritos, wrap in foil
- Beer & booze
- Candy
- Chili in a can – I eat it right out of the can, same with soups