

**SPRING GEAR**  
The Best New Golf Clubs,  
Tents, Sleeping Bags,  
Stereo Systems

# HEROES OF THE YEAR

DO YOU HAVE THE COURAGE TO SAVE A HUMAN LIFE

# Men's Journal

LIVE THE GREAT LIFE

MAY 2002 / MENSJOURNAL.COM

# 20 Sweet Spots

## SECRETS OF AMERICA'S PARKS

Hidden Campsites, Islands,  
Lodges, Lakes, Canyons,  
And Waterfalls

## West Point Workout

MUSCLE-BUILDING TIPS  
FROM THE U.S. MILITARY

## WHY YOU NEED A ROAD TRIP NOW

*By Jim Harrison*

## Electric Abs!

THE TRUTH ABOUT  
FITNESS GADGETS

BE THERE: Mooney Falls, in Arizona's Havasu Canyon, just outside the border of Grand Canyon National Park

\$4.95US \$5.95CAN

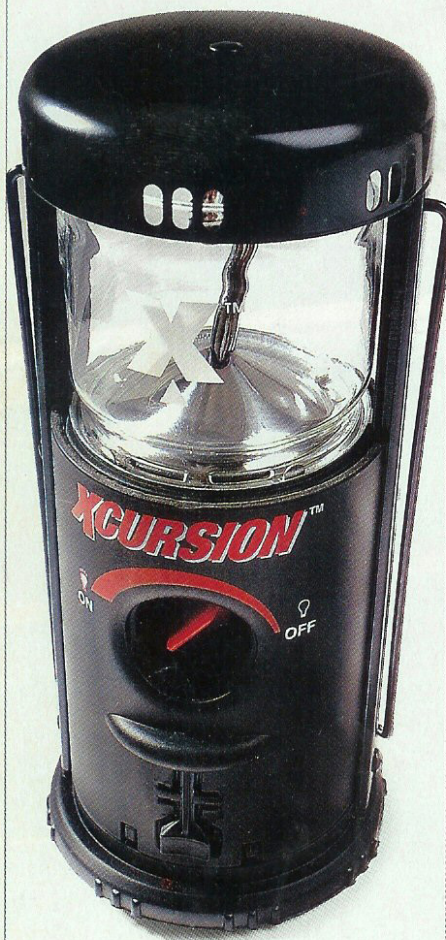


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ACCESSORIES | BY GREG MELVILLE

# Base Camp Luxe

Just because you're sitting around a fire miles from civilization doesn't mean you have to live like a savage

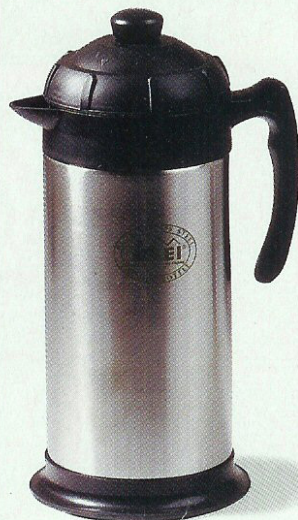


1 Coleman Exponent Xcursion Lantern



2 MSR PocketRocket Stove

3 REI French Press Vacuum Bottle



5 Banks Fry-Bake Alpine



4 GSI Outdoors Lexan Glacier Ice Blue Tableware

1 | **Coleman Exponent Xcursion Lantern (\$40)** The focused beam of a headlamp is perfect when you're digging in the corners of a tent for lost socks, but to create some campsite ambience — or to sufficiently illuminate that fireside poker game — you need a lantern. The 14-ounce, palm-held Xcursion is your best pound-for-pound option. Barely larger than a traditional candle lantern, it burns ten times as bright and runs on a refillable Coleman Powermax butane/propane cartridge that lasts for six hours. (800-835-3278 or [coleman.com](http://coleman.com))

2 | **MSR PocketRocket Stove (\$35)** The two greatest words in camping: *hot dinner*. For that reason, an ultralight canister-mounted stove is just as valuable for a weekend camper as it is for an expedition backpacker. The PocketRocket weighs a mere three ounces and folds down to the size of a lighter. It attaches to just about any butane canister and lights faster than you can say "Soup's on." (800-877-9677 or [msrcorp.com](http://msrcorp.com))

3 | **REI French Press Vacuum Bottle (\$33)** One of the few places you won't find a Starbucks is outside your tent (hopefully), but that doesn't mean you have to forfeit your fresh-brewed wake-me-up. Voilà, this stainless-steel French press, a device that should be mandatory at every campsite. It produces a hefty one liter of steaming java and, thanks to its double-walled insulation, keeps the leftovers warm. Don't worry about spilling any of the precious black stuff, either — both the lid and spout are nearly leakproof. (800-426-4840 or [rei.com](http://rei.com))

4 | **GSI Outdoors Lexan Glacier Ice Blue Tableware (\$17)** On expeditions, many people make like Buddhist monks and carry but a single bowl in order to keep the load light. But on shorter trips, when it's not such a burden to haul a heavier pack, half the fun is being able to dine — and drink — in style. This collection, consisting of a deep plate (9.75 inches), a bowl (eight inches), a mug, and a cutlery set, all made of Lexan plastic, won't dent or bend like stainless steel, yet weighs in at just 14 ounces. (800-704-4474 or [gsioutdoors.com](http://gsioutdoors.com))

5 | **Banks Fry-Bake Alpine (\$55)** Freeze-dried chow may be fine on the International Space Station, but with the luxury of gravity, there's no reason you should settle for it in the woods. With a depth of 1.5 inches, the ten-ounce aluminum Fry-Bake is deep enough to work as a Dutch oven for cooking pizza, brownies, or even a quiche. And with a diameter of eight inches, it's also perfect for frying up an omelet or pancakes. Plus, thanks to a stick-resistant coating, cleaning up even elaborate campfire feasts takes no time at all. (888-379-2253 or [frybake.com](http://frybake.com))



## WHAT I PACK

### JENNIFER FERENSTEIN

President, Sierra Club: "I always bring a small **Nalgene** water bottle (\$8; 800-625-4327 or [nalgene-outdoor.com](http://nalgene-outdoor.com)) full of **Bushmills**. There's no chance of it breaking, and the whiskey stays fresh. I'll sip from the bottle, or, in winter, when I'm watching the thunderstorms we get over Montana's northern Rockies, I'll scoop some snow into a mug and drink it on the rocks."



## Camping Checklist

**WILDLIFE** Binoculars or spotting scope, field guide, and a bell for bear country

**SNACKS** High-carb trail foods (in addition to your chosen *cuisine du camp*)

**NAVIGATION** Compass and updated topographic maps that you know how to use

**EMERGENCY** Personal shelter (e.g., the Space Blanket), first-aid kit, whistle

**CAMPFIRE** Matches in a watertight container, magnesium fire starter

**REPAIRS** Needle and thread, duct tape