

TONS OF
USEFUL STUFF

Men's Health

OCTOBER 2007

LIVE RICHER FITTER BETTER

ARE YOUR SUPPLEMENTS DOING YOU ANY GOOD?

An investigative report

UPGRADE YOUR LOOK TODAY!

Better Body, Better Style,
Better Attitude

GENERATION XXL

Our Plan for Saving
America's Youth

MAN'S BEST FRIEND

How A Dog Can Bring
You Health, Happiness
And Women!

The Men's Health Guy

**Jason
Statham**

WATCH HIS
WORKOUT AT
MENSHEALTH.COM

MASTER YOUR DOMAIN

Rule the woods

CAMP IN COMFORT THIS AUTUMN

TREK LIGHTLY

The bottom line is, lighter is better, says Scott Robertson, an instructor at the National Outdoor Leadership School. Carry a large day pack instead of an expedition hauler, wear trail shoes instead of boots, and pack both a rain shell and a fleece instead of a bulky jacket.

SCOUT SITES

Use the terrain to your advantage: Stiff breezes and steady sunshine will beat back bugs; a meadow with southern exposure will warm most quickly on chilly fall mornings, says Robertson. But don't wait until the sun starts to go down to set up. "You'll only have a half hour of light left," he says.

BUILD A BLAZE

Construct a shoe box-size frame with half-inch-wide sticks, says Buck Tilton, founder of the Wilderness Medicine Institute. Leave the center open for fire starters, such as dry bark or pitch wood (congealed, flammable tree sap found in dead stumps).

SLEEP TIGHT

Cramped quarters make for a restless night. The Big Agnes Parkview2 tent (\$290, bigagnes.com) boasts 48 inches of headroom and two doors in just a 6-pound package. A thick ground pad is important, too: For extreme comfort, go with the 4-inch-thick Mammut D-Lux Pump mat (\$140, mammut.ch).

DINE ALFRESCO

Serve an appetizer of pepperoni, cheese, and crackers while you whip up

Cajun-style steak and steamed asparagus (right) for the main course. You'll pack in loads of protein and nutrients.



FIND DRY FUEL

In a downpour, you can still find relatively dry wood under logs and leaf beds. Also look for dead branches hanging in live trees. They'll be drier than the ground-soaked kindling.

HANG A BEAR BAG

Hoisting your food, trash, and toothpaste at least 12 feet off the ground will keep bears and raccoons away.

HOLD IT DOWN

The taut-line hitch can secure tent stakes, roof-rack loads, and more.

- 1 Pass the rope around the anchor point and wrap it twice around the inside of the main line.
- 2 Make a third loop above the first two, also around the main line.
- 3 Tighten all three loops to slide the knot up and down the main line.

Pitch your tent on high ground for warmer nighttime temperatures.

Dense oak, elm, and hickory will burn hotter and longer than soft pine and ash.

POWER UP
Swap heavy energy drinks for protein-packed, salt-heavy jerky to replenish sodium and other electrolytes. (\$7 for 4 oz, goldenvally.com)

CAJUN OPEN-FLAME STEAK AND SPEARS
Cook up this sumptuous meal on any campfire.

Ingredients (serves 2)

- Spice rub (below)
- 1½ lb rib-eye steak
- 20 asparagus spears
- 1 Tbsp olive oil
- 2 Tbsp water
- Salt and pepper
- 12 oz jar tomato salsa

Bring: Rome's Camp Ring grill grate (\$12, romeindustries.com)

Do this at home: Prepare a spice rub (two parts each salt and pepper to one part each cumin, cayenne, paprika, dry mustard, and onion salt), and place in an airtight container.

Do this at camp: Secure the grate over the fire. Apply the spice rub to the steaks; wait 10 minutes. Place the steaks on the grate. Put the asparagus, olive oil, salt, pepper, and water into foil, roll it up, and then place it on the embers. Cook for 10 minutes. Add salsa to the steaks and serve.

ESSENTIAL GEAR



Guyot Designs Squishy Bowls
These bendable, insulated bowls can be folded into any corner of your pack. They're ideal for entrées or scald-free sips of soup or coffee. (\$11, guyotdesigns.com)



Coleman Exponent Pack-Away Lantern
No one can cheat at cards with this durable lamp's 6 hours of illumination. The lantern runs on four AA batteries. (\$35, coleman.com)



Petzl Tikka Plus LED headlamp
Four LED bulbs in a swivel head provide maximum illumination and flexibility in a lightweight design. It requires three AAA batteries. (\$35, petzl.com)



GSI Lexan screw-in wine glasses
At just 3 extra ounces of pack weight per glass, these goblets let you imbibe without passing the bottle around the campfire. (\$6, gsioutdoors.com)



Brunton Solo 7.5 charger
Power everything from an iPod to a blender. It weighs less than 3 pounds and can be recharged with solar power during your day hike. (\$229, brunton.com)



Motorola Talkabout T9500XLR
Choose a call sign and take advantage of this radio's 25-mile range to check the forecast on the NOAA weather channel. (\$80/pair, motorola.com)

Illustration by BRYON THOMPSON