

In treating of the equipment, supplies, and the method of traveling, I shall confine my remarks, entirely, to the over land route. ... between the States, and both Oregon and California. All persons, designing to travel by this route, should invariably, equip themselves with a good gun; at least five pounds of powder, and twenty pounds of lead; in addition to which, it might be advisable, also, for each to provide himself with a holster of good pistols, which would, always, be found of very great service, yet they are not indispensable. ... Being provided with arms and ammunition ... the emigrant may consider himself ... prepared for any warlike emergency.

In procuring supplies for this journey, the emigrant should provide himself with, at least, two hundred pounds of flour, or meal; one hundred and fifty pounds of bacon; ten pounds of coffee; twenty pounds of sugar; and ten pounds of salt. ... It would be advisable for emigrants not to encumber themselves with other than those just [listed]; as it is impracticable for them to take all the luxuries to which they have been accustomed. ...

The above remarks, in reference to the quantity of provisions are designed to apply only to adults; but ... parents will find no difficulty in determining ... the necessary [quantity] for children. ... It should be observed that children as well as adults require about twice the quantity of provisions which they would require at home being deprived of vegetables and other sauce, and their being confined to meat and bread alone; as well as the fact of their being subjected to continued and regular exercise in the open air, which gives additional vigor and strength, which greatly improves health ... and gives an additional demand for food.

Very few cooking utensils should be taken, as they very much increase the load, to avoid which is always a consideration of paramount importance. A baking kettle, frying pan, tea kettle, tea pot, and coffee pot are all the furniture of this kind that is essential, which together with tin plates, tin cups, ordinary knives, forks, spoons, and a coffee-mill, should constitute the entire kitchen apparatus. Bedding should consist of nothing more than blankets, sheets, coverlets, and pillows, which being spread upon a buffalo robe, an oiled cloth, or some other impervious substance, should constitute the beds. Feather beds are sometimes taken by families, but ... [are] entirely useless and they leave them by the way. ...

Our common horses are preferable for the saddle, but it becomes necessary to take such numbers of them [so] they may be occasionally changed. ... For the harness, mules are preferable to horses; but oxen are considered preferable to either. Oxen endure the fatigue and heat much better than either horses or mules; and they also subsist much better than either or mules; and they also subsist much better upon vegetation alone. ... [Oxen] are not liable to be stolen by Indians, who are aware they travel so extremely slowly that it would be impossible for them to drive so far that they could not be retaken.

-Lansford W. Hastings, *The Emigrants' Guide to Oregon and California* (1845) excerpt