

Glen's Gear List - PCT Oregon Sections G, F, E - Cascade Locks to Crater Lake (southbound)
 10 days/8 nights on trail, one zero day/resupply, 262 miles, early Sept 2006, highs in 80s, lows in high 30s
 Lightest list for segment of trip that was no-cook, trying cold-prep dinners from Adventure Foods

item	description / notes / rationale	in pack	wear / carry	consume	total
PACK - SHELTER - SLEEPING					
backpack	GG G6 Whisper w/ side pockets	5.1			
waterproof pack cover	GG pack liner bag - cut down	0.8			
sleeping pad	GG Thinlight 3/8" - 30" l, 12-16" w	2.1			
sleeping pad	tailbone pad	0.1			
shelter	GG Cuben wedge (prototype)	2.7			
shelter support (poles, etc.)	(Using trekking poles)	0.0			
shelter stow sack	None	0.0			
stakes	5 GG Tite-Lite titanium	1.1			
stake bag	None	0.0			
guylines	Included in shelter	0.0			
sleeping bag	GG Sleepight (long)	18.2			
ground sheet or bivy sack	GG Polycryo - small	1.2			
CLOTHING					
underwear - bottoms	None - shorts have mesh liner		0.0		
base / wicking layer top	Ex Officio nylon supplex		11.3		
base / wicking layer bottom	Columbia nylon shorts		8.4		
insulating top	None	0.0			
insulating bottoms	Early Winters tights	1.7			
raingear (hard shell) top	GG Driducks	5.4			
raingear (hard shell) bottoms	None	0.0			
waterproof glove shells	None	0.0			
windgear (soft shell) top	None	0.0			
windgear (soft shell) bottoms	None	0.0			
warm gloves	Vapor barrier gloves	0.1			
warm hat	OR Windstopper	1.7			
sun hat	Tilley		5.0		
neck protection	Bandanna		0.9		
socks	Injinja toe socks		1.5		
spare socks	Smartwool Light Runner	1.7			
shoes	Inov-8 size 12		29.4		
clothing stuff sack	Cuben fiber (homemade)	0.4			
COOKING - WATER					
stove	none - Adventure Foods cold prep	0.0			
windscreen	Titanium foil	0.0			
fuel bottle	None - esbit	0.0			
matches / lighter	Mini lighter	0.0			
cook pot	David Lewis Heineken pot	0.0			
cook pot lid	David Lewis lid	0.0			
pot holder	Homemade gripper	0.0			
drinking mug	None	0.0			
utensils	DQ Spoon	0.1			
food storage bag	Aloksak	0.9			
bear bag hang system	N/A	0.0			
water storage	GG 2 liter platy	0.0			
water storage	GG 3 liter platy	1.5			
water storage	1 liter platy	0.9			
hydration	GG platy drinking tube	2.7			
water treatment	GG Aquamira in mini bottles	1.0			
MISCELLANEOUS ITEMS					
flashlight / headlamp / whistle	Arc AAA, whistle on lanyard		1.0		
trekking poles	GG Lightrek 2-piece 130 cm (pair)		6.5		
headnet	Simblissity	0.0			
bug dope	DEET	0.3			
sun	Dr. Outdoors	0.9			
toothbrush	GG Finger toothbrush and floss	0.2			
toothpaste	(use Dr. Bronner's)	0.0			
hygiene	Dr. Bronner's soap	0.3			
toilet paper	1/2 disposable shop towel per day	0.5			
small mesh bag	North Face	0.3			
blister & minor wound care	antibiotic, bandaids, compeed, etc	1.0			
meds	Imodium, Tums, tylenol pm, naproxin	0.4		0.3	
notes	Rite in Rain, Inka titanium pen	0.0			
firestarting kit	Sparker and tinder	0.2			
repair	duct tp, needle, thread, sfty pin, razor bld	0.3			
sunglasses on cord	Maui Jim titanium		1.5		
watch	Suunto Observer titanium		2.7		
compass	(on watch)	0.0			
camera (documentation)	Casio Exilim	5.4			
maps and permits		1.6			
CONSUMABLES					
food	2.0 days at 1.5 lbs			48.0	
water	2 L average carried			64.0	
fuel	Esbit - 1 tablet at 0.5 oz. per day			0.0	