

Glen's Gear List - Tour de Volcano "Brain Trust" hike Oregon
 5 trail days - 10+miles per day July 21 - 25, 2008 highs 80s, lows to 40

item	description / notes / rationale	in pack	wear / carry	consume	on back
PACK - SHELTER - SLEEPING					
backpack	GG Murrur (no belt, 1 shoulder pocket)	7.0			
waterproof pack cover	Mylar turkey bag	0.5			
sleeping pad	GG Thinlight 3/8" - 30" l, 12-16" w	2.1			
sleeping pad	tailbone pad	0.1			
shelter	The One	17.1			
shelter support (poles, etc.)	(Using trekking poles)	0.0			
shelter stow sack	None	0.0			
stakes	6 TiGoat cf stakes (2 long, 4 regular)	1.3			
stake bag	None	0.0			
guylines	Included in shelter	0.0			
sleeping bag	GG Sleepight Plus (long) (prototype)	22.0			
ground sheet or bivy sack	GG polycryo - small	1.2			
CLOTHING					
underwear - bottoms	Ex Officio boxers		3.6		
base / wicking layer top	Comubia nylon Tamiami		7.3		
base / wicking layer bottom	REI convertibles (tall)		13.1		
insulating top	Montbell down vest	4.2			
insulating bottoms	None	0.0			
raingear (hard shell) top	GG Driducks (XL)	6.3			
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	Possumdown	1.2			
warm hat	Possumdown	1.7			
sun hat	Tilley		3.3		
neck protection	Bandanna		0.9		
socks	Injinja toe socks		1.5		
spare socks	Ultimax	1.2			
gaitors	Simblissity		1.9		
sleeping socks	Fleece	1.8			
shoes	Golite Sun Dragon size 12		30.2		
clothing stuff sack	Cuben fiber (homemade)	0.4			
COOKING - WATER					
stove	TD gram cracker	0.1			
windscreen	TD Fosters Caldera	1.0			
fuel bottle	none - fuel tabs	0.0			
matches / lighter	mini lighter	0.4			
cook pot	TD Fosters can with lip guard	1.1			
cook pot lid	TD Fosters lid	0.2			
cook kit stuff sack	TD nylon	0.2			
cook kit insulator	TD reflectix	0.2			
utensils	bamboo spoon	0.3			
food storage bag	homemade spinnaker	0.6			
bear bag hang system	aloksak	1.3			
water storage	GG 3 liter platy	1.5			
water storage	1 liter Smart Water bottle	1.6			
hydration	GG platy drinking tube	2.7			
water treatment	GG Aquamira in mini bottles	1.0			
MISCELLANEOUS ITEMS					
flashlight / headlamp / whistle	Fenix L0D, whistle on lanyard		1.1		
blade	Derma-safe (on lanyard)		0.3		
trekking poles	GG Lightrek 130 cm (2007)		6.0		
headnet	Simblissity	0.4			
bug dope	DEET - small bottle	0.3			
sun	Dermatone lip balm	0.5			
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	0.6			
hygiene	small bottle alcohol gel	0.6			
LNT kit	3 mil bags for packing out used TP	0.5			
small mesh bag	North Face	0.3			
blister & minor wound care	antibiotic, bandaids, compeed, etc	0.9			
meds	Imodium, Tums, tylenol pm, naproxin, etc	0.7		0.4	
notes	Sheet of waterproof paper, Sharpie	0.7			
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 EX-510		4.6		
maps and permits		2.7			
CONSUMABLES					
food - snacks	5 days at 1.5 lbs.			120.0	
water	1 L average carried			32.0	
fuel	0.5 oz per day (hot dinners only)			2.0	