

Glen's Gear List - What's in my Pack?

August, 2010 (food weights based on 4-day trip, 1 hot meal per day)

item	description / notes / rationale	in pack 4.59	wear / carry 4.79	consume 7.13	on back 11.71
PACK - SHELTER - SLEEPING					
backpack	GG Murmur (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			
insulation pad	none	0.0			
shelter	GG cuben Wedge	2.7			
shelter support (poles, etc.)	(Using trekking poles)	0.0			
shelter stow sack	None	0.0			
stakes	4 TiGoat cf stakes (6")	0.8			
stake bag	None	0.0			
guylines	Included in shelter	0.0			
sleeping bag	GG Sleepight (long)	18.0			
ground sheet or bivy sack	GG polycryo - small	1.2			
CLOTHING					
underwear - bottoms	Ex Officio boxers		3.6		
base / wicking layer top	SEKRI 1 (large tall)		6.6		
base / wicking layer bottom	REI covertibles (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	Spinnchaps	1.5			
waterproof glove shells	None	0.0			
windgear (soft shell) top	None	0.0			
windgear (soft shell) bottoms	None	0.0			
warm gloves	Possumdown	1.5			
warm hat	Possumdown	1.7			
sun hat	Tilley		3.3		
sun gloves	Coolibar (modified)		0.8		
neck protection	Bandanna		0.9		
socks	Injinja toe socks		1.5		
spare socks	Ultimax	1.2			
gaiters	None		0.0		
sleeping socks	Fleece	1.8			
shoes	Golite Sun Dragon size 13		30.2		
clothing stuff sack	Cuben fiber (homemade)	0.4			
COOKING - WATER					
stove	TD gram cracker	0.1			
windscreen	TD Caldera Keg	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 LOD, whistle on lanyard		1.1		
blade	Derma-safe (on lanyard)		0.3		
trekking poles	GG Lightrek 4 adjustable		6.0		
headnet	none	0.0			
bug dope	none	0.0			
sun	mini tube spf 30 plus mini lip balm	0.7			
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	0.4			
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	2.3			
meds	Imodium, Tums, tylenol pm, naproxin, etc	0.8		0.5	
mini scissors, tweezers		1.8			
notes	Rite in the Rain journal, Sharpie	1.0			

reading glasses	i4u lenses	0.2	
firestarting kit	Sparker and tinder	0.2	
repair	8" duct tape, needle/thread, safety pin	0.2	
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
stickpic			0.4
maps and permits		0.8	

CONSUMABLES

food - snacks	3.6 days at 1.4 lbs.	80.0
water	1 L average carried	32.0
fuel	0.5 oz per day (hot dinners)	1.5

		in pack (oz.)	consume	total
FIRST AID				
Kinesio tape - 7"	blister prevention, bandaging	0.08		
Compeed medium - 1	blisters	0.07		
Compeed toe - 1	blisters	0.05		
Compeed large - 1	blisters	0.10		
Scalpel blade in foil - 1	wound/blister care	0.04		
Corn foam donuts - 2	foot care	0.07		
Bandaid medium adhesive strips - 2	wound care	0.05		
Butterfly closures - 2	wound care	0.03		
Triple antibiotic ointment - 2	small packets, one in a mini ziploc	0.12		
Hydrocortisone 1% - 1 foil packet	anti-itch	0.05		
Liquid bandage	blisters	1.41		
Krazy glue mini	wound care, emergency repair	0.06		
Alcohol prep pad	wound care	0.04		
mini ziploc	for opened ointment packs	0.01		
2 mil 4" x 6" ziploc	case	0.14		
	Subtotal blister and wound care	2.32		
Benadryl - 2 25 mg tabs in foil packet	allergy	0.05		
Immodium - 2 doses in foil pkgs	2 caps w/ 25 mg loperamide HCL ea.	0.09		
Tums - 2 quik paks	stomach upset	0.19		
Gas-X - 1 strip	stomach upset	0.04		
Abreva tube and 4 Valtrex	fever blister kit	0.33		
Naproxin - 5 tabs in mini ziploc	pain relief	0.07		
Excedrin - 6 gelcaps in mini ziploc	altitude headaches		0.19	
Tylenol PM - 12 gelcaps in mini ziploc	thin sleeping pad equalizer		0.35	
	Subtotal meds	0.77	0.54	
	TOTAL	3.09	0.54	3.63