

Equipment list, three person outing, 11 nights on the trail

Shared stuff

wt, oz

tent 1, 1-2 person, with fly	68
tent 2, 2 person, with fly	90 est
footprint for tent 1	6
footprint for tent 2	9 est
rope, braided nylon, 3/16 (?) 100ft	8
first aid kit	6
moleskin	
antibiotic cream	
hydrocortisone cream	
ibuprofen (vitimin I)	
large butterfly bandage (3)	
adhesive tape	
sterile pads	
water disinfection tablets	
repair kit	3
needle/thread	
therm-a-rest repair kit	
stove parts	
extra matches	
duct tape	
maps	4
gps	6
extra batteries (lithium) 4 sets	8
dish soap	4
stove	36 includes cook kit
fuel bottles (2)	10
fuel	30
cook kit, 2 pots grabber	0
fry pan?	8
water filter	19
entrenching tool	2
spatula	3
spices	1
cooking oil	6
extra zip-lock bags	1
camera	12
extra battery for camera	2
11 days breakfast	
12 days lunch	
11 days breakfast	
total, no food	342

Individual stuff

wt, oz

pack	68
rain cover for pack	6
sleeping bag with waterproof stuff sack	70
3/4 length pad, closed cell or thermarest	13
compass	1
whistle	1
lighter or waterproof matches	0
toilet paper	4
sunglasses	2
LED flashlight (new batteries--make one set last!)	2
backup microlight	0
to wear first day:	
shirt, long sleeve, synthetic	
underwear	
shorts, synthetic	
hiking boots	
heavy wool socks	
liner socks (not cotton)	
watch	
warm hat (wool or polypro)	4
gloves(use extra socks instead)	0
rain jacket, lightweight breathable with hood	13
rain pants? (sub for long pants?)	
thermal underwear top (midweight polypro)	6
thermal underwear bottom	6
vest or jacket (micropile is great) or wool sweater	14 micropile vest
extra underwear	3
extra socks	4
extra sock liners	1
long pants or zip-offs, synthetic	8 wt for zip-off bottoms
extra t-shirt, synthetic	6
extra shorts, light synthetic	6
toothbrush (cut handle off)	0
sample size toothpaste	1
medications	1
biodegradable liquid soap (use for shampoo, body and laundry)	4
lip balm (high sunscreen factor)	0.5
sunscreen (spf45)	8
pack towel?	
insect repellent, concentrated long acting formulation	3

hat--baseball or wide brim with chinstrap		wear
bandana	1	
two sierra cups	3	
lexan spoon	0.5	
two quart water bottles, prefer widemouth nalgene (never been used for an	12	
pocket knife (small swiss army type good)		
water (routinely)	32	

optional

book	
cards	
rod and reel	10
flies, lures, other fishing stuff	3
mosquito net hat	

film

total	317	19.8125
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	oz	lbs
per person, no food:	431	26.9375