

Wind River High Route - Aug 2013			
Worn/Carried	Item	Weight	Pre-Hike Comments
Active layer shirt	Smarwool LW zip LS shirt	8.0	
Active layer bottoms	Rail Riders X-Treme Adventure Pants	16.0	Lightweight & durable, no velcro!
Underwear	Patagonia briefs	2.0	Dry fast, will rinse/wash most days
Shoes	Inov-8 ROCLITE 295	20.0	Lighter, sticky rubber bottom,
Socks	DeFeet Wolleators	1.8	Light, thin, warm, simple, durable; merino wool
Headwear	Sunday Afternoon Adv Hat	3.0	Keep rain, sweat, sun out of eyes; protect scalp
Watch	HighGear Ti Altis (compass/atimeter/watch)	2.5	Just works, good battery life
Sunglasses	Rayban sport Rx (polarized)	1.0	
Prescription glasses	Clark Kent glasses	1.0	More for use on cloudy trips like AK
Trekking Poles	Black Diamond Alpine Carbon Cork	16.0	Stiff, light, travel-friendly
TOTAL		71.3	
Other Clothing/Equip	Item	Weight	Pre-Hike Comments
Shell jacket	Rab Pulse, very light 3-layer	7.0	Full featured but very light. Great fit.
Shell pants	GoLite Reed pants (old non-size zip)	4.0	Have survived multiple AK trips
Windshell	GoLite Men's King's Canyon Wind Jacket	5.0	Light, durable, hood, good pockets
Mid-layer top 2	Patagonia R2 vest	8.0	Goes on every trip I take
Insulated jacket	WM Flash XR Down Jacket	12.0	Warmer than similar non-XR Flash Jacket
Insulated headwear	Mountain Hdw Fleece balaclava	1.2	Warm noggin - using sleeping quilt w/o hood!
Liner gloves	DeFeet Duraglove	2.5	Great liner glove - light, warm, durable
Camp/cooking gloves	REI fingerless windbloc mitts	2.0	chronic cold hands, for dexterity at camp chores
Shell mitts/gloves	MLD Event Rain Mitts	3.0	Waterproof/breathable
Insulated mitts/gloves	-	0.0	Too warm to justify
Second hiking socks	DeFeet Wolleators	1.8	Will bring to wash & switch between pairs
TOTAL		46.5	
Packing	Item	Weight	Pre-Hike Comments
Pack	2013 ULA Ohm, all Robic fabric, no silnyl	35.0	Light, but durable for alpine abuse
Food storage - today	Quart-sized freezer bag	0.5	Best size is longer than tall; cheap
Food storage - future	Aloksak OP Sak 12.5" x 20"	1.0	Add'l protection against "mini bears"
Bear canister	Ursack	9.0	
Stuff sacks	For sleeping bag, pot, accessories, group i	2.0	Keep things organized, clean, protected
Map sleeve	Gallon-sized freezer bag	1.0	Best size is taller than wider; cheap
Eyewear case	Nylon case + Ziplock bag	0.4	
TOTAL		48.9	
Sleeping & Shelter	Item	Weight	Pre-Hike Comments
Bag or quilt	Hammock Gear +20 Burrow quilt custom	21.5	FABULOUS! .7oz fabric & 900fp down
Pad or under quilt	T-Rest NeoAir X-lite Womens	12.1	Perfect size for me. Warm. Super comfortable!
Bivy	MLD Superlight Bivy	7.0	
Rainfly or tarp	MLD Grace Duo Cuben tarp	8.0	PERFECT PROTECTION FOR TWO
Stakes	Aluminum Y-stakes (6 at .5-oz each)	1.5	Much better holding power than skewers
Guylines	2mm EZ Cord	1.0	To secure tarp
TOTAL		51.1	
Hydration & Cooking	Item	Weight	Pre-Hike Comments
Bottles	Platypus SoftBottle 2L	1.2	For collect treating water in camp - dry camps
Bottles	Sawyer 1L bottle	1.0	For use during the day
Purification	Sawyer filter (3.0)	3.0	To drink on the spot - reduce water carry
Purification	CIO2 tablets	0.5	For treating 2L bladder at night
Stove	Canister Stove & Ti Pot		Shared Gear - Don carries
Eating bowl or pot	Ziplock 14 oz bowl (0.6 oz)	0.6	
Hot drink container	MLD Ti mug	1.4	Breakfast & coffee at same time
Utensil	Lexan spoon with big shovel	0.3	Cut handle in half to fit in pot
Ignition	20-count book of matches	0.2	usually easier than lighter. use lighter for backup
TOTAL		8.2	
Small Essentials	Item	Weight	Pre-Hike Comments
Satellite Tracker	SPOT 2 (7.0)	7.0	
Satellite Phone	Iridium 9555 (12.0)	12.0	
MAPS	11X17 Custom Maps	2.0	Printed at Kinkos
Camera	Canon S100	7.0	Balance of wt, size, image quality, 1080p HD
Nav	Iphone 5 + case	6.0	
	Jackery "lipstick" batt for iPhone + cable	3.0	
	Spare batts for SPOT	1.0	
Optics	Monocular	2.0	Routefinding, scouting, wildlife observation
Writing instrument	Fischer space pen (micro size)	0.2	To mark up maps, take notes about trip
Toothbrush	Standard toothbrush	0.4	

Toothpaste	Toothpaste dots	0.5	silly but they work
Toilet paper	Premium quality - 4 tiles per day	1.0	TP only for polish, use found materials first
Hand soap or sanitizer	Dr. Bronners	0.5	Dr. Bronner's plays double-duty
Sunscreen	Minimal amount	0.5	Unnecessary due to low sun angle & weather
Lip balm	Bert's Bees or similar	0.2	Minimal wt for dedicated lip balm
First Aid Kit	Meds, foot care, gear repair	3.0	See detailed list at bottom
Anti-chaing		0.5	chafing not a problem for me
Medications	See detail of first Aid Kit below		
Headnet	Peter's Headnet, mosquito mesh	0.5	Large size to go over my hat
Insect repellent	Sawyer Maxi-DEET Spray	0.5	Convenient size; effective
Foot care kit	Bonnie's Balm in small balm jar	0.5	In case of wet feet. Never get blisters.
Compass	Suunto M-3D Locator Compass	1.6	Lightest compass with declination adjustment
Knife	Gerber LST Knife 2.6" blade (1.2oz)	1.2	Cut bread and salami - extremely light for size
Scissors	Wescott blunt tip school scissors	0.9	More useful than knife - OK for plane carryon
Firestarter	Bic Mini Lighter + trash	0.2	Candy bar wrappers are great fire starter
Light	Fenix LOD w premium selected LED	1.0	Super light, and incredibly light
Wallet w/ID, cash, CC	Nylon zippered pouch	0.2	More secure on me than left in car
TOTAL		32.4	
TOTALS POUNDS		(lbs)	
(A) ITEMS ALWAYS WORN OR CARRIED, OR NOT IN PACK		4.5	
(B) ITEMS SOMETIMES WORN OR CARRIED, OR ALWAYS PACKED		11.7	
(B) + (C) = PACKWEIGHT MINUS FOOD & WATER		16.2	
(A) + (B) + (C) = FULL OUT-OF-SKIN WEIGHT		16.2	
	Food	11.0	
	Total Pack Weight	27.2	
First Aid Kit	Painkiller	0.5	
	Naprosin	0.5	
	Gauze + Leukotape Tape	0.2	
	Big Band-Aid pack + gel blister covers	0.6	
	Anti bact packets + wound wipes	0.7	
	Benadryl (6) + Sudafed (6) + caffeine (4)	0.3	
	Bag Poly 5x8 to house 1st Aid Kit	0.2	
		3.0	