

Glen's Gear List - AT north from Damascus VA
 April, 2013 sunny, highs to 67, lows to 37

		in pack	wear / carry	consume	maximum on back
item	description / notes / rationale	4.48	4.45	7.96	12.44
PACK - SHELTER - SLEEPING					
backpack	GG Whisper	3.9			
waterproof pack cover	Mylar bag	1.0			
sleeping pad	GG Thinlight 3/8" - 30" l, 12-16" w	2.1			
insulation pad	none	0.0			
shelter	GG Cuben NW tent (prototype)	8.5			
shelter support (poles, etc.)	(Using trekking poles)	0.0			
shelter fly	GG Cuben NW fly (prototype)	4.5			
stakes	3 Easton FMJ	0.6			
stake bag	None	0.0			
guylines	Included in shelter weight	0.0			
sleeping bag (no stuff sack)	GG Sleepight production sample	17.3			
ground sheet or bivy sack	GG polycryo - small	0.0			
CLOTHING					
underwear - bottoms	Ex Officio briefs		2.5		
base / wicking layer top	SEKRI wicking long sleeve		6.5		
base / wicking layer bottom	REI convertibles (tall)		13.2		
insulating top	Montbell Ex Light down jacket L	5.7			
insulating bottoms	None	0.0			
raingear (hard shell) top	Zpacks jacket	5.0			
raingear (hard shell) bottoms	Zpacks CloudKilt	1.4			
waterproof glove shells	Outdoor Research	0.7			
windgear (soft shell) top	None	0.0			
windgear (soft shell) bottoms	None	0.0			
warm gloves	RAB MeCo gloves	1.0			
warm hat	Possumdown	1.7			
sun hat	Tilley		3.3		
sun gloves	Coolibar (modified)		0.9		
neck protection	Bandanna		0.9		
socks	Swiftwick		1.2		
spare socks	Balega wicking	0.8			
gaiters	Simblissity Levaqaiters		0.0		
sleeping socks	Fleece		1.8		
shoes	Altra Lone Peak		25.4		
clothing stuff sack	Cuben fiber (Zpacks)	0.3			
COOKING - WATER					
stove	TD gram cracker	0.1			
windscreen	TD Caldera Keg	1.0			
fuel bottle	none - fuel tabs	0.0			
matches / lighter	paper matches	0.1			
cook pot	TD Heine-GVP with bands	1.2			
cook pot lid	TD Heine lid	0.2			
cook kit stuff sack	homemade cuben fiber with insulation	0.4			
utensils	bamboo spoon	0.3			
food storage bag	homemade spinnaker	0.6			
bear bag hang system	aloksak	0.0			
bear bag hang system	60' spectra 725 line, garlic bag, mini	0.0			
water storage	hydration tube	0.0			
water storage	1 liter Smart Water bottle	1.6			
water storage	1+ liter Platy	1.2			
water treatment	NaClO in mini dropper bottle	0.4			
MISCELLANEOUS ITEMS					
flashlight / headlamp / whistle	Fenix L0D, whistle on lanyard		1.1		
blade	DermaSafe		0.3		
trekking poles	GG Lightrek 4 adjustable		6.0		
headnet	petersheadnets.com	0.5			
bug dope	Natural	0.3			
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	0.2		0.1	
toilet paper	1/2 disposable shop towel per day			0.6	
hygiene	micro bottle alcohol gel	0.1		0.2	
LNT kit	3 mil bag for packing out used TP	0.5			
small items bag	Cuben fiber (Zpacks)	0.1			
blister & minor wound care	antibiotic, bandaids, compeed, etc	0.9			
meds	Imodium, Tylenol pm, naproxin, etc	0.8		1.0	
mini scissors, tweezers		1.8			
notes	Rite in the Rain page, Sharpie	0.4			
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	Silhouette prescription titanium		0.4		
watch	Suunto Observer titanium		2.7		
compass	(on watch)	0.0			
documentation	Casio Exilim EX-510 camera		4.6		
documentation	Stickpic		0.4		
maps and permits		3.0			
CONSUMABLES					
food - snacks	3.6 days at 1.6 lbs. per day			92.0	
water	1 L average carried			32.0	
fuel (esbit)	0.5 oz per day (hot dinners only)			1.5	