

Glen's Gear List - Chichibu Trail (Japan)

October 7 - 10, 2010 (projected highs to 70, lows to 40, scattered rain showers)

		in pack	wear / carry	consume	maximum on back
item	description / notes / rationale	4.66	4.36	7.16	11.81
PACK - SHELTER - SLEEPING					
backpack	GG Murmur(spinnaker) (no waist belt)	6.5			
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"), 3 titanium stakes	1.5			
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 (large tall)		6.6		
base / wicking layer bottom	REI convertible nylon pants (large tall)		13.5		
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	Cuben chaps (prototype)	1.1			
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	None		0.0		
neck protection	Tefuki		1.2		
socks	Darn Tough socks		1.5		
spare socks	Coolmax	1.2			
gaiters	None		0.0		
sleeping socks	Fleece	1.8			
shoes	END		23.4		
clothing stuff sack	Cuben fiber (homemade)	0.4			
COOKING - WATER					
stove	TD gram cracker	0.1			
windscreen	TD Caldera sidewinder	1.1			
fuel bottle	none - fuel tabs	0.0			
matches / lighter	mini lighter	0.4			
cook pot	Evernew 600	2.3			
cook pot lid	Evernew 600	1.1			
cook kit stuff sack	Insulated cuben (prototype)	0.3			
utensils	bamboo spoon	0.3			
food storage bag	homemade spinnaker	0.6			
bear bag hang system	none	0.0			
bear bag hang system	none	0.0			
water storage	3 liter platypus	1.5			
water storage	1 liter Smart Water bottle	1.6			
hydration	platypus 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 4 adjustable		6.0		
headnet	Simblissity	0.4			
bug dope	Herbal Armor in mini bottle	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	0.3			
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	0.9			
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	Sparky 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		
camera tripod	stickpic		0.4		
maps and permits		2.0			
CONSUMABLES					
food - snacks	3.5 days at 1.4 lbs.			78.0	
water	1 L average carried			32.0	
fuel (esbit)	1.0 oz per day (coffee plus hot dinners)			4.0	