

Winter Gear List

DF²HI²NSTW

10 essentials/13 kilos

3 days/2nights

1. Direction	a. Brunton 9020G compass	2.2	oz
	b. Map	0.5	oz
2. Fire	a. MSR pocket rocket stove	4	oz
	b. MSR 8 oz. Isopro fuel canister	12.6	oz
3. First Aid	a. Adventure Medical Personal .5 First Aid Kit	3.5	oz
	b. Carmex lip balm	0.4	oz
	c. (2) toilet paper rolls	1	oz
	d. Toothbrush and toothpaste	1.4	oz
	e. Ace bandage	1.1	oz
4. Hydration	a. (2) Nalgene 1 litre water bottles	12.6	oz
5. Illumination	a. Princeton Tec Fuel headlamp	2.7	oz
6. Insulation	a. Kelty Coromell 0 deg down bag	65	oz
	b. Thermarest Ridgerest Solar large mattress	26	oz
	c. Sierra Designs Frequency fleece sweater	11	oz
	d. Patagonia down vest	7	oz
	e. (1) pair Smartwool socks for sleeping	5	oz
	f. Smartwool long underwear for sleeping	18.5	oz
	g. Smartwool wool cap	2.5	oz
	h. Smartwool Balaclava	1.4	oz
	i. (1) pair extra Smartwool socks for hiking	5	oz
	j. (1) pair Outdoor Research mittens	5	oz
7. Nutrition	a. MSR Titan spoon	0.7	oz
	b. MSR Titan Kettle	4.3	oz
8. Sun Protection	a. Hat (worn on person, does not count toward weight)	0	oz
	b. 50 spf sunscreen	1.2	oz
9. Tools	a. Kelty Lakota 65 backpack	64	oz
	b. Tool Logic SL3 survival knife with fire starter and whistle	2.7	oz
10. Weather Protection	a. MSR E Wing tarp shelter	16	oz
	b. MSR AC Bivy	16	oz
	c. (6) 8' tent chords	1.9	oz
	d. (6) MSR snow stakes	4.7	oz
	e. Sierra Designs Stellar jacket	13.5	oz
	f. Sierra Designs Slayer pant	12.5	oz

Total dry pack weight: 325.9 oz
(without food or water) 20.37 lb

9.26 Kilo

Add water:	(2) liters water (assumes that you can refill on the trail)	73	oz
Add food:	(2) days food (2 lbs/day)	64	oz
	(2) mountain house breakfasts		
	(3) mountain house lunches		
	(2) cup noodles dinners		
	snacks: peanut m&m's, cashews, gummi bears, pringles		
	gu chomps, nuun electrolyte tablets		

Total wet pack weight: 462.9 oz
(with food and water) 28.93 lb

13.15 Kilo

Worn on person: gloves, snowshoes, winter hiking boots, gaiters, wool socks, polypro base layer, nylon pants, polypro shirt, hat, trekking poles