

Summer Gear List

DF²HI²NSTW

10 essentials/10 kilos

3 days/2 nights

1. Direction	a. Brunton 9020G compass with cover	2.2	oz
	b. map	0.5	oz
2. Fire	a. Esbit stove with MSR windscreen and stuff sack	5.9	oz
	b. (6) tinder starters and (12) solid fuel cubes	4	oz
3. First Aid	a. Advanced Medical .5 kit with finger nail clippers	4.2	oz
	b. Carmex lip balm	0.4	oz
	c. (5) Ben's insect repellent wipes	0.9	oz
	d. (2) toilet paper rolls	1	oz
	e. Toothbrush and toothpaste	1.4	oz
	f. Ace bandage	1.1	oz
	g. (5) wet wipes	0.9	oz
	h. Cotton bandana	1.1	oz
4. Hydration	a. (2) Nalgene 1 litre wide mouth canteen	4.2	oz
	b. Steripen water purifier	3.6	oz
5. Illumination	a. Princeton Tec Fuel headlamp	2.75	oz
6. Insulation	a. Thermarest Alpine Blanket with waterproof stuff sack	23.7	oz
	b. Thermarest Z Lite small sleeping pad	9	oz
	c. long underwear for sleeping, with socks and waterproof stuff sack	24	oz
	d. Sierra Design Frequency 1/2 zip fleece sweater	11	oz
	e. (1) extra pair Thorlo Coolmax light hiker socks	3.6	oz
	f. Wool cap	2.5	oz
	g. Wool gloves	1.4	oz
7. Nutrition	a. MSR Titan spoon	1	oz
	b. MSR Titan kettle	4.4	oz
8. Sun Protection	a. Go Lite trekking umbrella	8	oz
9. Tools	a. Kelty Redwing 50 pack without aluminum stay and plastic frame sheet	57	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. Sierra Designs Isotope Nano Rain jacket	8.5	oz
	d. Sierra Designs Isotope Nano Rain pants	8.5	oz
	e. (8) 8' cords	2.7	oz
	f. (6) J tarp stakes	3.1	oz
	g. (6) MSR snow/sand/mud stakes	4.7	oz

Total dry pack weight: 241.95 oz
(without food or water) 15.12 lb

6.87 Kilo

Add water: (2) litre water (refill water on the trail) 72 oz
Add food: 2 days food (1.5 lbs/day) including Nuun electrolyte tablets & Gu Chomps 48 oz

Total wet pack weight: 361.95 oz
(with food and water) 22.62 lb

10.28 Kilo

Worn on person: hiking shoes, wool socks, underwear, nylon pants, polypro shirt, wide brim hat, trekking pole(s)