

Ultralight Gear List

DF²HI²NSTW

10 essentials/8 kilos

Spring/Summer/Fall 3 day/2 night hike

1. Direction	a. Brunton 9020G compass	2.2	oz
	b. Map	1	oz
2. Fire	a. Esbit stove with MSR windscreen and tinder cubes use wood for fuel	7.2	oz
3. First Aid	a. Adv. Medical .5 kit with finger nail clippers	4.2	oz
	b. Carmex lip balm	0.4	oz
	c. (6) Ben's insect repellent wipes	1.1	oz
	d. (2) Coghlan's toilet paper	2.1	oz
	e. Toothbrush and toothpaste	1.4	oz
	f. Ace bandage	1.1	oz
	g. (6) wet wipes	1.1	oz
4. Hydration	a. Platypus 1 litre Plusbottle	1.3	oz
	b. Steripen water purifier	4	oz
5. Illumination	a. Photon Microlight II flashlight- white	0.17	oz
6. Insulation	a. Thermarest 35 deg. F Alpine Blanket large with waterproof stuff sack	24.8	oz
	b. Thermarest Neoair mattress small	9	oz
	c. "dry" base layer & socks for sleeping, with waterproof stuff sack & down pillow	31	oz
	d. Patagonia down vest	10.6	oz
	e. (1) extra pair hiking socks	3.6	oz
7. Nutrition	a. Titanium spork	1	oz
	b. MSR Titan kettle	4.4	oz
8. Sun Protection	a. Sunscreen	1.2	oz
	b. Cotton bandana	1.1	oz
9. Tools	a. Kelty Avocet 30 backpack	33	oz
	b. Tool Logic Survival Knife with fire starter	2.7	oz
10. Weather Protection	a. MSR E Wing tarp shelter	16	oz
	b. (6) tent stakes and (6) 8' chords	4.8	oz
	c. MSR AC Bivy	16	oz
	d. Sierra Design nano rain parka	8.3	oz
	e. Sierra Designs nano rain pants	8.5	oz

Total dry pack weight: 203.27 oz
(without food or water) 12.70 lb

5.77 Kilo

Add water:	(1) litre water (refill on the trail)	36	oz
Add food:	2 days food (1.5 lbs/day)	48	oz
	Mountain House, Cup Noodles, Gu Chomps, Nuun tablets		
	peanut M&M's, gummi bears, cashews, pringles		
	(2) breakfasts		
	(3) lunches		
	(2) dinners		

Total wet pack weight: 287.27 oz
(with food and water) 17.95 lb

8.16 Kilo

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

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