

Glen's Gear List - AT southern VA: I-81 to Sugar Run Road Mile 546.0 to 625.5 6 hiking days
 April 2023 Highs to low 70's, Lows to low 30's, sun, rain/sleet/snow

| item | description / notes / rationale | in pack | wear / carry | consume | maximum on back |
|----------------------------------|--|---------|--------------|---------|-----------------|
| PACK - SHELTER - SLEEPING | | | | | |
| backpack | GG Murrur - no belt | 7.9 | | | |
| waterproof pack liner | Mylar bag | 1.0 | | | |
| sleeping pad | GG Thinlight 3/8" - 30" l, 12-16" w | 2.2 | | | |
| shelter | GG Whisper (prototype) | 9.7 | | | |
| shelter support (poles, etc.) | (Using trekking poles) | 0.0 | | | |
| shelter stow sack | None | 0.0 | | | |
| stakes | 1 Ti Fat V, 1 Ti V, 3 Easton FMJ | 1.5 | | | |
| stake bag | None | 0.0 | | | |
| guylines | Included in shelter weight | 0.0 | | | |
| sleeping bag (no stuff sack) | GG Sleeplight long | 17.2 | | | |
| ground sheet or bivy sack | GG Polycryo medium | 1.5 | | | |
| CLOTHING | | | | | |
| underwear - bottoms | Ex Officio Sport briefs | | 2.6 | | |
| base / wicking layer top | KUIU Ultra Merino 145 zip-T | | 8.3 | | |
| base / wicking layer bottom | Eddie Bauer Pro Guide Convertibles | | 15.7 | | |
| insulating top | Montbell Plasma 1000 down jacket L | 5.1 | | | |
| insulating bottoms | Patagonia capiline | 0.0 | | | |
| raingear (hard shell) top | Berghaus Hyper Jacket XL | 3.2 | | | |
| raingear (hard shell) bottoms | Zpacks CloudKilt | 1.9 | | | |
| raingear | Plastic poncho from dollar store | 1.8 | | | |
| waterproof glove shells | Outdoor Research | 0.0 | | | |
| camp shoes | Hospital booties | 1.6 | | | |
| warm gloves | Icebreaker wool | 0.9 | | | |
| warm hat | Zpacks fleece | 1.0 | | | |
| sun hat | Sunday Afternoons Charter | | 3.6 | | |
| sun gloves | Gorilla gloves | | 0.0 | | |
| neck protection | Bandanna | | 0.9 | | |
| socks | Wright double-layer | 1.3 | 1.3 | | |
| gaiters | Simblissity Levagaiters | | 1.9 | | |
| sleeping socks | Damed Tough merino | 1.8 | | | |
| shoes | Altra Lone Peak | | 25.4 | | |
| clothing stuff sack | Cuben fiber (Zpacks) | 0.3 | | | |
| COOKING - WATER | | | | | |
| stove | Zelph tab holder | 0.1 | | | |
| windscreen | TD Caldera Ti-Tri | 0.9 | | | |
| fuel bottle | none - fuel tabs | 0.0 | | | |
| matches / lighter | paper matches | 0.1 | | | |
| cook pot | Zelph mini with band | 0.9 | | | |
| cook pot lid | Zelph | 0.1 | | | |
| cook kit stuff sack | Homemade DCF with insulation | 0.3 | | | |
| utensils | GG Chopstakes® (prototype) | 1.1 | | | |
| 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 | 1 l Smart Water bottle | 1.6 | | | |
| water storage | 2+ liter Platy | 1.5 | | | |
| water storage | Platy drinking tube | 2.7 | | | |
| water treatment | NaClO in mini dropper bottle | 0.4 | | | |
| MISCELLANEOUS ITEMS | | | | | |
| signalling | whistle on lanyard | | 0.2 | | |
| headlamp | NiteCore | 1.1 | | | |
| group light | LuminAID | 0.0 | | | |
| blade | Mini snips (carried on lanyard) | | 0.2 | | |
| blade | DermaSafe (carried on lanyard) | | 0.3 | | |
| trekking poles | GG Lightrek 5 | | 9.7 | | |
| headnet | petersheadnets.com | 0.0 | | | |
| bug dope | None | 0.0 | | | |
| 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 | WAG bag + No. 2 Stake (prototype) | 0.0 | | | |
| small items bag | DCF (Zpacks) | 0.1 | | | |
| blister & minor wound care | antibiotic, bandaids, compeed, etc | 0.9 | | | |
| meds | Imodium, Tums, tylenol pm, naproxin, etc | 0.8 | | 1.0 | |
| tweezers | | 0.1 | | | |
| notes | 2 Rite in the Rain pages, RITR pen | 0.5 | | | |
| reading glasses | i4u lenses | 0.0 | | | |
| firestarting kit | Sparker and tinder | 0.2 | | | |
| repair | 8" duct tape, needle/thread, safety pin | 0.2 | | | |
| sunglasses | Oakley prescription | | 1.2 | | |
| watch | Suunto CORE | | 2.4 | | |
| compass | (on watch) | 0.0 | | | |
| documentation | iPhone 13 Pro | | 7.2 | | |
| emergency | Garmin InReach Mini | 0.0 | | | |
| maps and permits | | 0.0 | | | |
| CONSUMABLES | | | | | |
| food - snacks | 2.6 days at 1.4 lbs. per day | | | 58.0 | |
| water | 1 L average carried | | | 32.0 | |
| fuel (Esbit) | 0.5 oz. per day (hot dinners only) | | | 1.0 | |