

Glen's Gear List - Paria Canyon
 April 2022 sunny, highs around 70, lows around 40

item	description / notes / rationale	in pack	wear / carry	consume	maximum on back
PACK - SHELTER - SLEEPING					
backpack	GG Murmur - no belt	7.9			
waterproof pack cover	Mylar bag	1.0			
sleeping pad	GG Thinlight 3/8" - 30" l, 12-16" w	2.2			
insulation pad	none	0.0			
shelter	GG Whisper (prototype)	7.6			
shelter support (poles, etc.)	(Using trekking poles)	0.0			
shelter stow sack	None	0.0			
stakes	1 Ti Fat V, 3 Easton FMJ (2 chopstakes)	1.0			
stake bag	None	0.0			
guylines	Included in shelter weight	0.0			
sleeping bag (no stuff sack)	GG Sleepight Plus long	20.3			
ground sheet or bivy sack	GG Polycryo medium	1.6			
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 capilene	0.0			
raingear (hard shell) top	Berghaus Hyper Jacket XL	3.2			
raingear (hard shell) bottoms	Zpacks CloudKilt	1.9			
waterproof glove shells	Outdoor Research	0.0			
windgear (soft shell) top	Mtn Hardware Ghost Whisperer Anorak	0.0			
camp shoes	Hospital booties	2.2			
warm gloves	Icebreaker wool	0.9			
warm hat	Zpacks fleece	1.0			
sun hat	Sunday Afternoons Charter		3.6		
sun gloves	Gorilla gloves		1.0		
neck protection	Bandanna		0.9		
socks	Wright double-layer	1.3	1.3		
spare socks	Sealskinz	3.1			
gaiters	Simblissity Levagaiters		0.0		
sleeping socks	Fleece	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	1.3			
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	1 liter Platy	1.3			
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)	2.9			
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	0.2			
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	3.4			
camp chair	Litesmith	0.0			
maps and permits		0.3			
CONSUMABLES					
food - snacks	2.5 days at 1.4 lbs. per day			56.0	
water	2 L average carried			64.0	
fuel (Esbit)	0.5 oz. per day (hot dinners only)			1.0	