

24 HOUR, 3 SEASON SOLO GEARLIST

	Item	Notes	Est. Weight (oz)	Actual Weight
Shelter/Sleep	Sleeping Quilt	30F Rated, 800FP Down	17 - 21	
	Sleeping Pad	Short Length, Inflatable	8 - 11	
	1 Person Shelter	Tarp + Inner Net tent	16 - 24	
SUBTOTAL:				
Packing	Backpack	30L Capacity, Frameless	5 - 10	
	Quilt Sack	Waterproof, Roll Top	1 - 2	
	Food Bag	Waterproof	1 - 2	
	Clothes Bag	Waterproof, About 8L Size	0.5	
	Sundries Bag	About 2L Size	0.5	
	Water Bottles	Clear Pop or Water Bottles	1 - 2 ea	
	Fuel Bottle	Colored Pop Bottle (ie. Ginger Ale)	1	
SUBTOTAL:				
Clothing	Rain Jacket	Lightweight WP/B	5 - 9	
	Rain Pants	MYOG Rain Pants	2 - 4	
	Down Vest	800FP Down	4 - 7	
	Socks	Quick Drying, Synthetic or Merino	1 - 3	
	Underwear	Quick Drying, Synthetic or Merino	1 - 2	
	Beanie	Merino Wool Beanie	1	
	Gloves	Merino Wool	2	
Bug Head Net	Mosquito Netting	0.5		
SUBTOTAL:				
Food & Drink	Solo Pot	700-900ml Titanium	2 - 4	
	Windscreen	MYOG Ti Foil	1	
	Alcohol Stove	Pop Can Stove	1 - 2	
	Eating Utensil	Ti Spoon	0.5	
SUBTOTAL:				
Sundries	Toothbrush	Travel Size	0.5	
	Deoderant	Travel Size	1	
	Toilet Paper	Half Roll, Remove Core	2	
	First Aid Kit		2 - 4	
	Purifying Water	Chlorine Dioxide Tablets	0.5	
	Soap	Multipurpose Biodegradable	1	
	Bug Repellent	100% Deet in Dropper Bottle	1	
	50' Cord	2mm Cord for Bear Bagging	0.5 - 2	
	Pillow	Inflatable	1	
	Duct Tape	Field Repairs	0.25	
	Fire Starting Kit	Sparker, Lighter and Tinder	2	
	Compass		1 - 2	
	Map	Cutout Section	0.25	
	LED Light	Small, Coin Cell Operated	0.25 - 1	
	Camera	Point & Shoot	4 - 6	
	Camera Case	MYOG Bubble Wrap	0.25	
SUBTOTAL:				
BASEWEIGHT TOTAL:				

	Item	Notes	Est. Weight (oz)	Actual Weight
Consumables	Water	32oz Per Liter	64	
	Food	About 24oz Per Day	24	
	Fuel	About 5oz Per Day	5	
	CONSUMABLES TOTAL:			
Worn / Carried	Hiking Shirt	Lightweight, Synthetic Top	2 - 4	
	Underwear	Synthetic for Quick Dry	1 - 2	
	Socks	Low Cut, Quick Drying	1 - 2	
	Trekking Poles	Adjustable, Carbon Fiber	7 - 10	
	Wind Shirt	Nylon	2 - 5	
	Wrist Watch	Watch, Alarm & Altimeter	2 - 3	
	Hiking Pants	Nylon	7 - 11	
	Full Brimmed Waterproof Hat	Rain Hat, Sun Hat, Hold Bug Headnet	2 - 3	
	Shoes	Lightweight Runners	7 - 11	
	WORN TOTAL:			

Carried Pack Weight (Baseweight + Consumables)	
Gear Weight (Baseweight + Worn)	
Skin Out Weight (Baseweight + Consumables + Worn)	