

## Twenty Four Hour Lightweight Backpacking List

			Ounces
<b>Major Gear</b>	Down Sleeping Bag	32 <sup>0</sup> rating	16.0
	Foam Sleeping Pad	Torso length	4.3
	Bivy Sack	Water proof bottom, breathable top	5.1
	Tarp	9'x7' Cuben fiber	4.6
	Ground Cloth	Polycro	1.8
	Tarp Stakes	Six titanium skewers	1.5
	Tarp Guy Lines	Spectra	0.6
	Headnet		1.1
	Pillow	Inflatable	0.6
	Pack	Sleeping pad supplies support	16.5
	Pack Cover	Cuben fiber	1.3
	Pot & Pot Bag	0.9L Titanium pot & cuben fiber pot bag - 0.1 oz	3.6
	Wind Screen & Pot Lid	Aluminum foil (screen - 0.3 oz & lid - 0.1 oz)	0.4
	Stove & Wire Pot Support	Alcohol stove - cat can & homemade wire pot support	0.6
	Fuel Bottle	Plastic bottle for alcohol	0.4
<b>Minor Gear</b>	Food Bag and Cord	Cuben fiber bag (0.2 oz) & Spectra cord (0.4 oz)	0.6
	Spoon	Lexan	0.4
	Lighter		0.4
	Headlamp		1.0
	Compass/Thermometer	Combined	0.4
	Water Bottles	2 - 1 quart each	2.0
	Water Purification	Drops - repackaged in microbottles	0.8
	Topographic Map		1.2
	DEET	Repackaged in micro-bottle	0.3
	Bag for Small Items	Cuben fiber	0.1
	Dark glasses + Case	Prescription glasses	3.0
	Pocket Knife		0.7
	Sunscreen & Lipgloss	Sunscreen-0.6 oz & Lipgloss-0.3 oz	0.9
	First Aid Supplies	Band-aids, adhesive tape, antiseptic, tylenol, etc.	1.8
	Cards and Key	Drivers License & Credit Card in small ziplock / Car key	0.9
	Toothbrush		0.2
	Pencil & Paper		0.4
	TP		0.6
<b>Clothing</b>	Rain Parka	Waterproof/breathable	6.1
	Rain Pants	Waterproof/breathable	4.3
	Down Jacket		5.7
	Long Underware	Merino wool	4.0
	Hat	Fleece hat - wind proof	3.0
	Gloves		2.3
	Mitts	Waterproof shells	0.9
	Wind Shirt	Nylon	3.0
	Wind Pants	Nylon	3.4
	Socks	Spare pair	2.7
	Clothes Bag	Cuben fiber	0.2
<b>In Pack Total - Ounces</b>			<b>109.7</b>
<b>In Pack Total - Pounds &amp; Ounces</b>			<b>6lb 13.7oz</b>
<b>On Self</b>	Monocular	For birds, other wildlife, etc	4.0
	Camera	10 MP Camera and neck strap	6.2
	Walking Sticks	Carbon fiber - nonadjustable	8.6
	Hat with Wide Brim		3.7
	Hiking Shorts	Nylon	3.0
	Underware	Nylon	2.2
	Shirt - Shortsleeve	Nylon	5.0
	Undershirt-Longsleeved	Polyester	6.6
	Socks		2.7
	Hiking shoes		38.0
<b>On Self Total - Ounces</b>		<b>Clothing for a moderately warm day</b>	<b>80.0</b>

Food, water, and alcohol for the stove not included, because these will vary during the course of the trip,

but in general the pack might start out with 2 lbs of food, 2 lbs of water, and 3 oz of alcohol.

Most of this gear (pack, tarp, bivy, etc.) and clothing was used for hiking the John Muir Trail last summer.