

# 24-hour gear list

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Worn/Carry	Weight
hat with brim	
underwear	
hiking shirt	
hiking pants	
hiking socks	
hiking shoes	
hiking poles	
watch	

Other Cloth in pack	Weight
bug head net	
wind shirt	
rain wrap	
warm hat	
puffy insulation vest	
thin insulation/sleep legging	
poncho tarp	

Sleep System	Weight
poncho tarp	included
torso pad	
ground sheet	
sleeping quilt	
stakes	
guylines	

Packing	Weight
frameless backpack	
pack liner	
bear bag / food sack / pot sack	

Cooking and water	Weight
esbit stove	
solo ti pot	
wind screen	
eating utensil	
fire starter	
water bottles	
water treatment tabs	

Other essentials	Weight
maps	
light	
first aid	
sun glasses	
sun screen	
insect repellent	
soap	
tooth care	
lip balm	
small knife	

Consumables	Weight
food	
water	
fuel	

Weight summary  
Total weight worn or carried  
Total base weight in pack  
Total weight of consumables  
Full skin out weight