

# THE GEAR LIST

This list is set up as a 6-day, 5-night solo trip with no shared gear. A two-person team would have an overall lower weight. And remember, this is just a sample list – not to be confused with the pre-course gear list for the Light & Fast NOLS course.

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**BASE weight = 10 pounds**  
**PACK weight = 25 pounds**  
**SKIN OUT weight = 28 pounds / 11 ounces**

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## HIKING CLOTHING WORN

(NOT part of the pack weight)

sun hat	1.5	sun protection
wind shirt	5.6	insulation
hiking socks	3.7	foot comfort
shorts	7	warm weather hiking
shoes	26	protection/trail runners
synthetic t-shirt	5.8	next to skin layer
long-sleeve synthetic shirt	5	insulation & sun protection
sunglasses with croakies	4	eye protection
watch on a string	.6	time & alarm
<b>Total:</b>	<b>59 oz</b>	<b>(3.69 lbs)</b>

## CLOTHING CARRIED IN THE PACK

ball pullover	11.9	insulation
pile hat	.8	insulation
light balaclava	1.6	insulation
synthetic pants	8.5	insulation & rain protection
synthetic long undie bottoms	4	insulation
poncho	11.5	rain protection/solo shelter
thin gloves	1.1	insulation
extra socks	3.7	insulation & foot comfort
<b>Total:</b>	<b>43.1 oz</b>	<b>(2.69 lbs)</b>

## PACKING

backpack	14.7	carrying gear
small stuff sack	2	organizing/waterproofing
med. stuff sack	1.1	organizing/waterproofing
large stuff sack	2.4	organizing/waterproofing
plastic Ziplock	.2	organizing/waterproofing
<b>Total:</b>	<b>18.6 oz</b>	<b>(1.16 lbs)</b>

## SLEEPING

thin yellow 3/4 length foam pad	4.3	insulation
Ensolite "torso" foam pad (thicker)	4.5	insulation/pack "frame"
down sleeping bag (summer)	19	good nite's sleep
sleeping socks	3.7	insulation & dry feet
<b>Total:</b>	<b>31.5 oz</b>	<b>(1.97 lbs)</b>

## SHELTER

GoLite Lair 2 tarp (silnyon)	12	sleeping dry
tent stakes	1.4	tarp efficiency
<b>Total:</b>	<b>13.4 oz</b>	

## COOKING

alcohol stove	4	heating water
wind screen	1.4	stove efficiency
titanium pot	4.6	cooking vessel
pot lid	2.3	stove efficiency
pot grabbers	1	burn protection
fuel bottle (plastic soda bottle)	.9	fuel container
lexan spoon	.4	eating
food bowl	.6	eating
baby nalgene	3.1	hot drink mug
<b>Total:</b>	<b>19.3 oz</b>	<b>(1.21 lbs)</b>

## ESSENTIALS

2 liter Platypus water bottle	1.7	hydration
Aqua-Mira	.7	safe hydration
tiny knife	.7	cutting tool
tiny first aid kit	3.2	safety
bandana, cut down	.8	multi-use clean-up
lighter	.4	stove & fire starter
LED headlamp	2.7	light at night
bear hand string	2.7	wildlife protection
sunblock & lip stuff	1	sun protection
toilettries: ibuprofen, toothbrush & paste, hand sanitizer, soap	3.8	sanitation
compass	.7	navigation
maps (cut down)	1.5	navigation
note pad and pencil stub	.4	notes/documentation
bear spray and holster	13.5	wildlife protection/safety
mosquito head net	.3 oz	bug protection/stuff sack
<b>Total:</b>	<b>34.1 oz</b>	<b>(2.13 lbs)</b>

**Total of all non-consumable gear on carried  
on back: 160 oz (10 pounds!)**

## CONSUMABLES

(NOT part of the BASE weight)

Food	168	metabolic fuel
(1.75 lbs. per person per day x 6 days = 10.5 lbs, 168 oz)		
alcohol fuel	30	cooking
(5 oz per day x 6 days = 30 oz)		
water	1 Liter	42 oz (average carried)
<b>Total:</b>	<b>230 oz</b>	<b>(14.37 pounds)</b>