

PCT Thru Hike Gear List 2014

Quick Summary

Total Pack Base Weight w/o Consumables **18.51 lbs.**

Max. Pack Wt. based on 5 days of food (Consumables)

Total Warm Weather Pack Weight w/ Consumables **30.86 lbs.**

Total Cool Weather Pack Weight w/ Consumables **30.99 lbs.**

Total Cold Weather Pack Weight w/ Consumables **31.45 lbs.**

Consumables = (Food, Water and Fuel)

			<u>Ounces</u>	<u>lbs.</u>
1. Pack Group			49.00	3.06
2. Shelter Group			36.85	2.30
3. Sleeping Group			51.70	3.23
4. Kitchen Group	<i>Subtotal</i>	10.48	30.05	1.88
5. Hygiene Group			14.45	0.90
6. Navigation Group			9.85	0.62
7. First Aid Repair Group			11.75	0.73
8. Luxury Items			36.25	2.27
9. Rain Gear	<i>Subtotal</i>	5.36	13.50	0.84
10. Clothing in Pack - Warm Weather			38.90	2.43
11. Clothing in Pack - Cool Weather			40.90	2.56
12. Clothing in Pack - Cold Weather	<i>Average</i>	2.67	48.30	3.02
13. Clothing Worn, and Items Carried			81.90	5.12
14. Consumables	<i>Average</i>		201.50	12.59

Gear List and Weight

	<u>Item Weight</u>			
<u>1. Pack Group:</u>				
? 1 Osprey - Exos 58 Backpack	42	ounces		
1 Trash / compactor bag	2.35	ounces		
1 Nite Ize S-Biner (carrying 2)	1	ounces		
1 Sea to Summit Ultra-Sil Dry Pack Cover	3.65	ounces		
Total	49.00	ounces	3.06	lbs.
<u>2. Shelter Group:</u>				
1 Tent - Lunar Solo w/ stakes	32.15	ounces		
1 Tyvek Ground Cloth	4.7	ounces		
Total	36.85	ounces	2.30	lbs.

3. Sleeping Group:

1 Down bag, 30F rating - Marmot Hydrogen	26.4	ounces
1 Sea to Summit Ultra-Sil Dry Sack 13L	1.5	ounces
1 Therm-A-Rest NeoAir XLite	13.55	ounces
1 Therm-A-Rest Z-Lite / (for day use)	10.25	ounces

Total	51.70	ounces	3.23	lbs.
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4. Kitchen Group:

1 MSR Pocket Rocket	3.95	ounces
1 MSR Titan Tea Kettle	4.4	ounces
1 Lighter	0.6	ounces
1 Strike Anywhere Matches	0.15	ounces
1 Sawyer Mini Squeeze Water Filter	1.35	ounces
1 Sawyer backflow syringe	1.15	ounces
1 Sawyer 2L Squeeze Bag	1	ounces
1 Sawyer 1L Squeeze Bag	0.8	ounces
1 MSR DromLite Bag 3L w/ Access.	7.1	ounces
1 MSR Titan Cup	2	ounces
? 1 Water bottle - used Gatorade bottle	1.7	ounces
1 Platypus 2L bottle	1.35	ounces
1 Platypus 0.5L bottle	0.65	ounces
1 Sea to Summit ultra Sil stuff sack XS	0.6	ounces
1 Sea to Summit Ultra-Sil Dry Sack 20L	1.9	ounces
1 MSR Spoon	0.45	ounces
1 XS Sea to Summit Bag	0.5	ounces
1 Small Ziploc Bag	0.05	ounces
1 Large Ziploc Bag	0.35	ounces

Total	30.05	ounces	1.88	lbs.
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5. Hygiene Group:

1 REI medium pack towel	3.3	ounces
1 Sea to Summit ultra Sil stuff sack XXS	0.45	ounces
1 Wet Ones 15 Wipes	2.55	ounces
1 1oz. Tube Ultra Sheer Sunscreen	1.25	ounces
1 Nail Clipper	0.55	ounces
1 Purell bottle hand cleaner - 1 oz./ case	1.5	ounces
1 Small Ziplock Bag	0.05	ounces
1 Partial roll toilet paper / Bag	3.35	ounces
1 Small child toothbrush	0.45	ounces
1 Small tube tooth paste	1	ounces
1 Small Degree Deodorant Stick	1.35	ounces

Total	14.45	ounces	0.90	lbs.
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6. Navigation Group:

1 Trail Guide (pages of the section)	6	ounces
1 Petzl Zipka Plus 2 Headlamp w/batteries	2.45	ounces
1 Spare Batteries, 1 AAA (3 total spares)	1.2	ounces
1 Pen	0.2	ounces

Total	9.85	ounces	0.62	lbs.
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7. Repair / First Aid Group:

1 Length cord - 25'	1.4	ounces
1 oz. Repel 100 Spray Insect Repellent	1.75	ounces
1 First Aid kit / Duct Tape / Repair Kit	8.6	ounces

Total	11.75	ounces	0.73	lbs.
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8. Luxury items:

1 Sea to Summit insect shield / headnet	0.95	ounces
1 PR Vivobarefoot Ultra Pure Running Shoe	7.8	ounces
1 Pair Visualites reading glasses w/case	1.2	ounces
1 Apple iPhone 5S w/ LifeProof Case	5.35	ounces
1 PR Earbuds	0.6	ounces
1 Olympus TG-620 Waterproof Digital Camera	5.95	ounces
1 The StickPic	0.4	ounces
1 Whitewater Stamp	2.35	ounces
1 New Trent iDual-Port External Battery Pack	5.2	ounces
1 Data cords and Scosche charger for above	6.45	ounces

Total	36.25	ounces	2.27	lbs.
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9. Rain Gear:

1 Rain jacket - Marmot PreCip Jacket	12.6	ounces
1 MSR Dry Line Kit	0.9	ounces

Total	13.50	ounces	0.84	lbs.
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10. Clothing In Pack, Warm Weather:

1 Sea to Summit Ultra-Sil Dry Sack 13L	1.5	ounces
1 Spare pair socks	2.6	ounces
1 Spare shirt	6.15	ounces
1 Pair REI Sahara Cargo long pants	12.65	ounces
1 Buff	1.4	ounces
1 Spare pair underwear - ExOfficio	3.9	ounces
1 Marmot DriClima Windshirt	10.7	ounces

Total	38.90	ounces	2.43	lbs.
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11. Clothing In Pack, Cool Weather:

1 Granite Gear Dry Sack 10L	2	ounces
1 Spare pair socks	2.6	ounces
1 Spare shirt	6.15	ounces
1 Pair REI Sahara Cargo long pants	12.65	ounces
1 Buff	1.4	ounces
1 Spare pair underwear - ExOfficio	3.9	ounces
1 Marmot DriClima Windshirt	10.7	ounces
1 Patagonia Heavyweight Glove Liners	1.5	ounces

Total	40.90	ounces	2.56	lbs.
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12. Clothing In Pack, Colder Weather:

1 Granite Gear Dry Sack 10L	2	ounces
1 Spare pair socks	2.6	ounces
1 Spare shirt	6.15	ounces
1 Pair REI Sahara Cargo long pants	12.65	ounces
1 Buff	1.4	ounces
1 Pair light running/swim shorts		ounces
1 Spare pair underwear - ExOfficio	3.9	ounces
1 Marmot DriClime Windshirt	10.7	ounces
1 Marmot Fleece hat	2.05	ounces
1 Patagonia Heavyweight Glove Liners	1.5	ounces
1 SmartWool baselayer bottoms	5.35	ounces

Total	48.30	ounces	3.02	lbs.
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13. Clothing Worn, and Items Carried:

1 Pair trail runners - Salomon	30.45	ounces
1 Pair socks	2.6	ounces
1 Pair sock liners	1.5	ounces
1 T-shirt	6.15	ounces
1 REI Sahara Cargo Shorts	8.25	ounces
1 Pair underwear - ExOfficio	3.9	ounces
1 OR Ball cap	2.95	ounces
? 1 Backpacker wallet with ID and cash	2.7	ounces
1 Watch Casio Men's PRW2500-1 Pro-Trek	2.9	ounces
1 Gerber Compact Scout Knife	0.95	ounces
1 Bandanna	1	ounces
1 Pair Dirty Girl Gaiters	1.15	ounces
1 Black Diamond Ultra Mtn. Carbon Poles	17.4	ounces

Total	81.90	ounces	5.12	lbs.
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14. Consumables:

? 2 ounce fuel per day x 5 days	8.2	ounces	@ .82 ounces per fluid
? 32 ounces water	33.3	ounces	@ 1.04 ounces per fluid
? 32 ounces food per day x 5 days	160	ounces	

Total	201.50	ounces	12.59	lbs.
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