

APPALACHIAN TRAIL 2014

Note: This list was reconstructed in 2016. While all items are listed, some weights are estimated.

Worn/Carried	Item	Start (oz)	End (oz)	Comments
Baselayer Top	Under Armor Short Sleeve T-Shirt	5	4	[Estimate] Dried quickly and I already owned it. Hardly resembled a shirt by the end of my hike.
Underwear	ExOfficio Men's Give-N-Go Boxer Brief	3.2	-	Ditched these ~200 miles in and "freeballed." Must cooler and drier without underwear to trap heat/moisture.
Baselayer Bottom	Red Running Shorts	5	5	[Estimate] 1990's nylon shorts bought at the thrift store. No liner.
Bandana	Bandana	0.9	0.9	Polyester and cotton blend dries quickly. Used for head protection, to dry dishes and tent walls, etc.
Hiking Shoes	New Balance MT110 Trail Running Shoe	15.25	-	Great shoe. Each pair lasted ~500 miles. No longer manufactured.
Hiking Shoes	Saucony Kinvara TR2	-	16	[Estimate] Had to switch because NB MT110 unavailable. Slightly tighter fit. Did not handle Pennsylvania rocks well.
Socks	Defeet Wooleator (2 Pair)	3	-	[Estimate] Wool. Fantastic breathability and quick drying. Less durable than Darn Toughs.
Socks	Darn Tough Hiker 1/4 Sock Cushion	-	3	[Estimate] Discovered Darn Tough brand while on the AT and switched to them once my Wooleaters wore out.
Gaiters	Simblissity Levagaiteer	1.8	1.8	To keep rocks and dirt out of my shoes.
Trekking Poles	Cascade Mountain Tech Twist Lock Carbon Fiber Poles	16	16	Great weight for the price. Went through three+ pairs during hike. The shafts break near the tip after ~500 miles.
Total		50.15	46.7	
Other Clothing	Item	Start (oz)	End (oz)	Comments
Midlayer Top	Generic Blue Fleece	9.6	9.6	Generic 1/4 zip fleece that I already owned. Provided plenty of warmth for cool AT evenings.
Pants	Columbia Silver Ridge Convertible Pants	14.4	-	Ditched these ~200 miles in and never looked back. For a late April start, pants were unnecessary.
Wind Jacket	1990s Charger's Windbreaker	6	-	[Estimate] Another thrift store purchase I ditched ~200 miles in. Weren't enough cool mornings to use it.
Rain Protection	Frogg Toggs DriDucks Poncho	7.8	-	Failed during a storm on Big Hump Mountain, NC when snaps ripped out. I carried no rain gear from VA until VT.
Rain Protection	Marmot PreCip	-	12	Picked up at an EMS in northern Massachusetts. Rain gear necessary for Vermont, New Hampshire, and Maine.
Warm Hat	Mountain Hardwear Dome Perignon	2.8	-	Sent home ~200 miles in because it wasn't cold enough. Wished I would have had it up in New England.
Gloves	Winter Snow Gloves	5	-	[Estimate] Ditched these ~200 miles in. Never used.
Clothes Bag	Medium Red Stuff Sack	1	-	[Estimate] Not waterproof as Walmart advertises. I sent this home as I ditched excess clothing.
Total		46.6	21.6	
Packing	Item	Start (oz)	End (oz)	Comments
Backpack	REI Flash 45	28	28	Modified Pre-2014 version. Removed brain, extra straps, hydration pouch. Trimmed shoulder straps and hip belt.
Pack Liner	Generic Trash Compactor Bag	2.45	2.45	Unscented so as not to attract critters and bears.
Total		30.45	30.45	
Shelter	Item	Start (oz)	End (oz)	Comments
Tent	TarpTent Squall 2	34	34	A single-walled palace for one, and suitable for two. Carried by lashing it to the bottom of my pack.
Stakes	Easton Nano Blue 6" (4 Stakes)	1	1	Came with Tarptent.
Groundsheet	-	-	-	Did not need; Tarptent floor is waterproof.
Total		35	35	
Sleep System	Item	Start (oz)	End (oz)	Comments
Quilt	Enlightened Equipment Revelation (20 degree)	23.5	23.5	Great quilt, though it was too warm during the summer. I had a couple cold nights in Maine when it started losing loft.
Sleeping Pad	Thermarest NeoAir Xlite	12	12	Regular size. Great warmth and comfort for the weight.
Total		35.5	35.5	
Kitchen	Item	Start (oz)	End (oz)	Comments
Trash Bag	Resealable Ziploc (1 Gallon)	1	-	Unnecessary. Ditched and used old Ziplocs instead.
Spoon	McDonald's McFlurry Spoon	0.2	0.2	Came with free McFlurry. Easily replaced. Have to be careful around heat or it will melt.
Pot	Aluminum .5L Pot	6	6	[Estimate] My dad used it while traveling the world in the 80's. Worked well until I dented it on a bear pole.
Knife	Leatherman Style CS Clip-On Multi-Tool	1.5	1.5	[Estimate] Used scissors most and tweezer for tick removal.
Rope	3mm Utility Cord	2	2	[Estimate] Used to hang food bag and to attach my tent to the bottom of my pack.
Stove	Homemade Supercat Stove	0.25	0.25	Nicknamed "Gertrude" because this stove can be crotchety. It'll get the job done for cooking Knorr sides or ramen.
Stove Windscreen	Homemade Aluminum Sheeting	1	1	Can purchase at any hardware store, then cut down to size. Fit nicely inside my pot.
Fuel Bottle	12oz Gatorade Bottle	1	1	[Estimate] Wrapped red duct tape around as a remind not to drink from the bottle. Could easily carry fuel for 5+ days.
Fire Starter	Mini BIC lighter	0.4	0.4	Lighter and smaller than full sized lighter.
Water Treatment	Aquamira	2	2	Light weight and less prone to breaking than filters or UV devices.
Water Bottles	32oz Gatorade Bottles (Two)	3.4	3.4	2L water capacity was plenty for the AT.
Food Bag	Large Yellow Stuff Sack	2	2	[Estimate] Not waterproof as Walmart advertises, but a fine as a food bag. Perhaps a bit small.
Total		20.75	19.75	
Toiletries	Item	Start (oz)	End (oz)	Comments
Soap	Dr. Bronner's Pure-Castile Liquid Soap	1	-	Ditched it because I never needed it. Soap was easy to come by in any hostel or hotel along the way.
Toilet Paper	-	1	1	Pack it in, pack it out.
Toothbrush	-	1	1	Handle trimmed like a true gram weenie.
Toothpaste	-	2	2	Travel size.
Comb	Conair Shower Comb	3	3	I had long hair at the time. A quick brushing every night helped to avoid dreadlocks and search for ticks.
Anti-Chafe	Body Glide Original Antichafe Balm	1.95	1.95	Rubbed on my feet every night before bed to restore moisture and prevent blistering.
First Aid Kit	Antibiotic Ointment, Bandages, NeoAir Repair Kit	2	2	Just the necessities to handle small scrapes. In retrospect, I should have packed Imodium and Benadryl as well.
Total		11.95	10.95	
Miscellaneous	Item	Start (oz)	End (oz)	Comments
Journal	Rite in the Rain N. 330F	10.6	10.6	Includes weight of standard ballpoint pen. A luxury item but well worth it.
Phone	iPhone (incl. case)	6	6	Phone, camera, clock, alarm. Kept in airplane mode.
Charger	Standard Apple Phone Charger	1	-	
Guidebook	The AT Guide	3	3	Loose leaf. Had sectioned brought to me when friends and family came out to meet me. Awesome resource.
Light	Princeton Tec Remix	3.05	3.05	Red light helpful in not attracting too many bugs. 3AAA batteries.
ID & Money	Drivers License, Debit Card, Insurance Card, Cash	1	1	Kept in a small Ziploc with NeoAir repair kit
Stuff Sack	Small Blue Stuff Sack	1	1	[Estimate] Not waterproof as Walmart advertises, but a fine and cheap stuff sack.
Total		25.65	25.65	
Total Ounces		Start (oz)	End (oz)	
	(A) Items always worn or carried, or not in pack	50.15	46.70	
	(B) Items sometimes worn or carried, or always packed, AKA "base weight"	205.9	178.9	
	(A) + (B) = Full "skin-out" weight	256.05	225.60	
Total Pounds		Start (lbs)	End (lbs)	
	(A) Items always worn or carried, or not in pack	3.1	2.9	
	(B) Items sometimes worn or carried, or always packed, AKA "base weight"	12.9	11.2	
	(A) + (B) = Full "skin-out" weight	16.0	14.1	