

John Muir Trail 2020

All weights taken post-trip

JEFF			MICHAEL		
Worn/Carried	Item	Weight (oz)	Worn/Carried	Item	Weight (oz)
Hat	Spartan Hat	2.70	Hat	"Hard No" Trucker Hat	2.75
Baselayer Top	Reebok LS 1/4 Zip	9.10	Baselayer Top	Patagonia Tropic Comfort Sun Hoody II	10.35
Watch	Timex	1.55	Baselayer Bottom	Patagonia Strider Pro Shorts	3.95
Baselayer Bottom	Asics Running Shorts	5.95	Hiking Shoes	Altra Superior 4.5	21.60
Hiking Shoes	Hoka Trail Runners	23.70	Socks	Darn Tough King of the Mountain Micro Crew Light	2.25
Socks	Generic Socks	1.45	Gaiters	Dirty Girls	1.35
Bandana	Buff	1.50			
Underwear	Under Armour Compression Shorts	6.20			
Total		52.15	Total		42.25
Other Clothing	Item	Weight (oz)	Other Clothing	Item	Weight (oz)
T-shirt	Prana SS T-shirt	6.00	Midlayer Top	Patagonia Micropuff Hoody	10.60
Midlayer Top	Patagonia XL Micropuff Jacket	10.15	Rain Jacket	Dri Ducks Ultralite 2 Rain Jacket	5.60
Rain Jacket	Patagonia GoreTex Rain Jacket	16.60	Socks	Darn Tough King of the Mountain Micro Crew Light	2.25
Spare Socks	Generic Socks (2 pair)	3.15	Bandana	Old And Faithful	0.55
Underwear	Under Armour Compression Shorts	4.20	Wind Pants	MYOG Wind Pants	2.20
Wind Pants	Walmart Nylon Workout Pants	8.50			
Camp Shoes	Generic "Tropix" Sandals	9.05			
Total		57.65	Total		21.20
Packing	Item	Weight (oz)	Packing	Item	Weight (oz)
Backpack	Osprey Exos 58	40.65	Backpack	KS Ultralight R50	23.40
Pack Liner	Trash Compactor Bag	2.45	Pack Liner	Trash Compactor Bag	2.45
Total		43.10	Total		25.85
Shelter	Item	Weight (oz)	Shelter	Item	Weight (oz)
Trekking Poles	Cascade Mountain Tech Flip Lock Carbon Fiber Poles	19.20	Tent	Gossamer Gear The Two	29.95
			Stakes	4 Mini Groundhogs + 4 Aluminum V Stakes	3.55
			Trekking Poles	Black Diamond Distance Carbon Z 120cm Trekking Poles	10.60
Total		19.20	Total		44.10
Sleep System	Item	Weight (oz)	Sleep System	Item	Weight (oz)
Quilt	Enlightened Equipment Revelation 20* 850DT Reg X-Wide	22.85	Quilt	Patagonia 19* Sleeping Bag	33.90
Sleeping Pad	Field and Stream Folding Sleeping Pad	17.55	Sleeping Pad	Gossamer Gear Nightlight	5.35
Pillow	Sea-to-Summit Aeros Ultralight Pillow	3.05			
Total		43.45	Total		39.25
Kitchen	Item	Weight (oz)	Kitchen	Item	Weight (oz)
Water Bottles	2 1L Smartwater Bottles	2.80	Water Bottle	1L Smartwater Bottle	1.40
Spoon	McFlurry Spoon	0.15	Water Bottle	Katadyn BeFree 0.6L Soft Filter	3.15
Bear Can	Garcia	44.50	Spoon	Humangear Spork	0.55
			Stove	MSR Pocket Rocket	3.90
			Fuel	2 Isobutane Propane Cannisters	12.25
			Pot #1	Dad's 1975 Pot	3.95
			Pot #2	Evernew Titanium Ultralight Pot	3.8
			Bear Can	BV500	40.85
Total		47.45	Total		69.85
Miscellaneous	Item	Weight (oz)	Fanny Pack	Item	Weight (oz)
Headlamp	Energizer Headclip	1.95	Fanny Pack	All-Dyneema Thru Pack with Regular Strap	3.05
Toothbrush	Generic; cut handle	0.20	Light	Nitecore NU25 (modified strap)	1.20
Toilet Paper	Disposable wipes	3.30	Water Treatment	Bleach	0.20
Mouthguard	For snoring prevention	0.55	Fire Starter	Mini BIC lighter	0.40
			Toothbrush	Zpacks Travel Toothbrush	0.15
			Toothpaste	Colgate Travel Size	0.90
			Knife	Derma-safe Folding Utility Survival Knife	0.25
			First Aid Kit	Duct Tape, Thread + Needle, Tweezers, Imodium, Benadryl	0.40
			Phone	iPhone SE	6.15
			Playing Cards	Bicycle Playing Cards	3.40
			Dad's Phone	iPhone 6s	6.30
			Headphones	Samsung Earbuds + Lightning Converter	0.45
			ID & Money	ID, Debit, Credit, Insurance Card, Cash, Permit	1.25
			Journal	Rite in the Rain N. 331FX	2.55
			Pen	Ballpoint Pen	0.20
			External Battery	Ankar PowerCore 6000mAh Portable Charger + Cables	4.85
Total		6.00	Total		31.70

Total Ounces	Weight (oz)	Total Ounces	Weight (oz)
(A) Items always worn or carried, or not in pack	52.15	(A) Items always worn or carried, or not in pack	42.25
(B) Items sometimes worn or carried, or always packed, AKA "pack base weight"	216.85	(B) Items sometimes worn or carried, or always packed, AKA "pack base weight"	200.25
(C) Items carried in fanny pack	0.00	(C) Items carried in fanny pack	31.70
(B) + (C) = "base weight"	216.85	(B) + (C) = "base weight"	231.95
(A) + (B) + (C) = Full "skin-out weight"	269.00	(A) + (B) + (C) = Full "skin-out weight"	274.20
Total Pounds	Weight (lbs)	Total Pounds	Weight (lbs)
(A) Items always worn or carried, or not in pack	3.26	(A) Items always worn or carried, or not in pack	2.64
(B) Items sometimes worn or carried, or always packed, AKA "pack base weight"	13.55	(B) Items sometimes worn or carried, or always packed, AKA "pack base weight"	12.52
(C) Items carried in fanny pack	0.00	(C) Items carried in fanny pack	1.98
(B) + (C) = "base weight"	13.55	(B) + (C) = "base weight"	14.50
(A) + (B) + (C) = Full "skin-out weight"	16.81	(A) + (B) + (C) = Full "skin-out weight"	17.14