

Lost Coast Trail 2019

MICHAEL

Worn/Carried	Item	Weight (oz)	Comments
Hat	IRIE Trucker Hat	2.10	
Bandana	Bandana	0.60	
Baselayer Top	Patagonia Tropic Comfort Sun Hoody II	8.55	
Baselayer Bottom	Patagonia Pro Strider Shorts	3.55	
Hiking Shoes	Altra Superior 3.0	24.90	
Socks	Darn Tough Hiker 1/4 Sock Cushion	2.20	
Gaiters	Dirty Girl Gaiters	1.30	
Total		41.90	
Other Clothing	Item	Weight (oz)	Comments
Rain Jacket	Frog Toggs Ultra-Lite Rain Jacket	5.40	
Midlayer	Generic Red Fleece	6.50	
Headnet	Sea-to-Summit Mosquito Headnet	0.80	
Total		11.90	
Packing	Item	Weight (oz)	Comments
Backpack	KS Ultralight KS 4	10.00	
Pack Liner	Trash Compactor Bag	2.40	
Fanny Pack	Gossamer Gear Bumster	4.10	
Total		16.50	
Shelter	Item	Weight (oz)	Comments
Shelter	Mountain Laurel Designs Trailstar	21.50	Includes guylines and stuff sack
Groundsheet	Polycro	1.30	
Trekking Pole	Ultralight Trekking Pole (One)	8.20	
Tent Pole	ZPacks Carbon Fiber Pole	2.50	
Stakes	8 V-Stakes	3.60	
Total		37.10	
Sleep System	Item	Weight (oz)	Comments
Sleeping Pad	Gossamer Gear Nightlight	6.45	
Quilt	Enlightened Equipment Revelation 20* 850DT Reg X-Wide	22.85	
Total		29.30	
Kitchen	Item	Weight (oz)	Comments
Water Bottle	Katadyn BeFree 0.6 L	2.60	
Spoon	McFlurry Spoon	0.15	
Cold Soak Jar	Empty Peanut Butter Jar	1.30	
Bear Can	BV450	33.90	
Total		37.95	
Miscellaneous	Item	Weight (oz)	Comments
Light	Nitecore NU25	1.85	
Glasses	Generic Shades	0.70	
Chapstick	Mini Chapstick	0.10	
Knife	Derma-safe Folding Utility Knife	0.30	
Toothbrush	ZPacks Mini Travel Toothbrush	0.15	
Toothpaste	Toothpaste	0.50	
Anti-Chafe	Vagasil	1.05	
External Battery	Anker PowerCore 10000 (& charging cables)	4.80	Could get a smaller with charging cables to save 2-3 oz
First Aid Kit	Needle, thread, floss, Immodium, Benadryl, tweezers, ear plugs	0.65	
Journal	Rite-in-the-Rain 331FX	2.60	
Pen	BIC Black Pen	0.20	
Phone	iPhone SE (incl. case and Ziploc)	5.15	
Headphones	Panasonic RPHJE120 In-Ear Headphone	0.40	Could trim to one earbud...
Total		18.45	

Total Ounces	Weight (oz)
(A) Items always worn or carried, or not in pack	41.90
(B) Items sometimes worn or carried, or always packed, AKA "base weight"	151.20
(A) + (B) = Full "skin-out weight"	193.10
Total Pounds	Weight (lbs)
(A) Items always worn or carried, or not in pack	2.62
(B) Items sometimes worn or carried, or always packed, AKA "pack base weight"	9.45
(A) + (B) = Full "skin-out weight"	12.07