## Nepal 2023

	JEFF		MICHAEL	(	Cerena
Worn/Carried	Item	Worn/Carried	Item	Worn/Carried	Item
Hat	Baseball hat	Hat	Hard No Trucker Hat	Hat	Cotopaxi Hat
Sunglasses	N/A	Sunglasses	Shady Rays	Sunglasses	Sunskis w/ Croakies
Baselayer Top	Grey Churchill long sleeve T	Baselayer Top	Tropic Comfort Sun Hoody	Baselayer Top	Sunhoody Dress
Watch	Walmart watch	Baselayer Bottom	Patagonia Fly Fishing Pants	Baselayer Bottom	Purple Spandex
Baselayer Bottom	Patagonia shorts	Underwear	Patagonia Shorts	Underwear	Underwear
Hiking Shoes	Altra - ugly orange	Hiking Shoes	Altra Lone Peaks	Hiking Shoes	Altras
Socks	Darn Toughs	Socks	Darn Tough Socks	Socks	Darn Toughs
Underwear	Under Armour	Gaiters	Dirty Girl Gaiters	Sports Bra	Patagonia Sports Bra
Other Clothing	ltem	Other Clothing	Item	Other Clothing	ltem
Beanie / Warm Hat	Peru knit hat		n/a	Beanie / Warm Hat	Green REI Beanie
Gloves	Peru		Touring Liner Gloves	Gloves	Merino Wool Gloves
Camp Shirt	SS T-shirt	Camp Shirt	Grey SS Tshirt	Camp Shirt	Patagonia Capilene Cool LS Shirt
Camp Bottoms	Patagonia sweats	Camp Bottoms	Patagonia Capilene Lightweight Leggings	Camp Bottoms	Patagonia Cap Air Leggings
Midlayer Top (Fleece)	Generic White Fleece	Midlayer Top (Fleece)			Patagonia r1 Air Hoody
Midlayer Top (Puffy)		· · · · · · · · · · · · · · · · · · ·	Micropuff	Midlayer Top (Puffy)	Patagonia Puffy (need patch)
Rain Jacket	Patagonia Patagonia	Rain Jacket	Patagonia Rain Jacket	Rain Jacket	Patagonia Torrentshell
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Spare Socks	Darn Toughs Under Armour	Spare Socks Bandana	Darn Tough Socks Old and Faithful	Spare Socks Underwear	Darn Toughs Underwear
Underwear				•	÷
Camp Shoes	JMT flip flops	Camp Shoes	Bedrocks	Camp Shoes	Xero Sandals
Wind Pants	Walmart Green "no boundaries" pants			Feminine Hygeine	Kula Cloth
				Bandana	Bandana
Packing	Item	Packing	Item	Packing	Item
Backpack	Osprey exos	Backpack	Gossamer Gear Kumo	Backpack	Gossamer Gear Kumo
Pack Liner	Trash compact bag	Pack Liner	Trashcompactor Bag	Pack Liner	Trashcompactor Bag
Shelter	Item		Item	Shelter	Item
Trekking Poles	Cascade mountain tech	Trekking Poles	BD Z Poles	Trekking Poles	BD Z Poles
Sleeping pad	Blue Field and Stream folding pad				
Sleep System	Item	Sleep System	Item	Sleep System	Item
Quilt	Enlightened 21*F	Quilt	Katabatic Quilt	Quilt	Enlightened Equipment Quilt
Sleeping Bag Liner	Salvation Army Emergency Blanket Thing		Silk Liner	Sleeping Bag Liner	Silk Liner
			Pillow Case	Pillow Case	Pillow Case
Kitchen	Item	Kitchen	Item	Kitchen	Item
Water Bottle	1L Smartwater Bottle	Water Bottle	1L Smartwater Bottle	Water Bottle	1L Smartwater Bottle
Water Bottle	1L Smartwater Bottle	Water Bottle	1L Smartwater Bottle	Water Bottle	1L Smartwater Bottle
Miscellaneous	Item	Fanny Pack	Item	Fanny Pack	Item
Headlamp		Fanny Pack	Thrupack Fanny Pack	Fanny Pack	GG Fanny Pack
Toothbrush		Headlamp	Nitecore	Headlamp	Nitecore
Toilet Paper		Water Treatment	Dropper Bottle	Water Treatment	
Mouthguard		Toothbrush	ZPacks Toothbrush	Toothbrush	
First Aid Kit		Toothpaste	Travel Toothpaste	Toothpaste	
Toiletries		First Aid Kit	Backpacking FAK	First Aid Kit	Elevation Medicine
Hand Sanitizer		Phone	iPhone SE	Phone	iPhone 12
Wet Wipes		Playing Cards	Star Wars Cards	Headphones	
Phone / Camera		Headphones	AirPods	Passport, ID, Money	
Battery Pack		Passport, ID, Money	In hair tie	External Battery	
Journal		Journal	Rite in Rain	Kindle	
Kindle			Simple Pen	Hand Sanitizer	
Playing Cards		External Battery	Anker 10000 mAh		<u>.</u>
,			2022 Version	+	<u>.</u>