## PACIFIC CREST TRAIL 2016

Worn/Carried	Item	Desert (oz)	Sierras (oz) No	orth (oz)	Comments
lat	Generic Trucker Hat	2.20	2.20		Thrift store purchase. Paired with bandana it creates great sun protection. Mesh trucker hat breathes better than full hats.
aselayer Top	Long Sleeve Nike DriFit Half Marathon Shirt	5.50	5.50	5.50	Long sleeves for sun protection and mosquito sanity. Polyester DriFit fabric dries fast but smells worse than merino wool.
aselayer Bottom	Umbro Soccer Shorts	3.90	3.90	3.90	Another thrift store steal. No liner or built in underwear. Nylon dries very fast.
king Shoes	Altra Superior 2.0	23.00	23.00	23.00	Cut off gaiter trap cover, pull loop, and trail rudder. Wide toe box and low stack height. Integrated velcro for gaiters.
ocks	Darn Tough King of the Mountain Micro Crew Light	1.95	1.95	1.95	Darn Tough's lifetime guarantee is a distance hiker's dream. Thin to no cushioning dries quicker than other Darn Tough products.
aiters	Dirty Girl Gaiters	1.40	1.40	1.40	Boring black. If purchased again I would make sure to get something prettier.
indana	Bandana	1.00	1.00	1.00	Used primarily for sun protection, but also as a washcloth, towel, and neck buff.
nglasses	Generic Fake Raybans	0.80	0.80	0.80	Necessary to avoid snow blindness in the Sierras.
ekking Poles	Leki Women's Cressida	16.60	16.60	16.60	Extends just long enough to setup the ZPacks Hexamid. Useful for river crossings and snow travel.
pe	Duct Tape (36")	0.45	0.45		Wrapped around trekking pole.
tal		56.80	56.80	56.80	
her Clothing	Item				Comments
dlayer Top	Montbell Alpine Light Down Parka	-	14.20		Very warm, perhaps excessively too warm. Only useful in camp. The zipper creates a draft. Used to supplement sleep setup on cold nights.
g Netting	Sea-to-Summit Mosquito Headnet	0.80	0.80		Necessary for sanity in the Sierras. Doubles as a stuff sack for packed clothing when not in use.
nd Jacket	Montbell Tachyon Anorak	2.00	2.00		Extremely light and nice to have on those brisk mornings. Hood adds an surprising amount of warmth. Not sufficient as a rain jacket.
are Socks	Darn Tough King of the Mountain Micro Crew Light	1.95	1.95		Rotate socks every day. I wash the spare pair and hang it off my pack to dry as I walk, so that every morning I have a pair of fresh socks.
oves	Walmart Gardening Gloves	1.55	1.40		Nice for brisk mornings and cool evenings.
tal		4.75	20.35	20.35	
cking	Item				Comments
kpack	REI Flash 45	27.75	27.75		Modified Pre-2014 version. Removed brain, extra straps, hydration pouch. Trimmed shoulder straps and hip belt. Mesh pocket began to fail
	••••	27.75	27.75		
ck Liner	Generic Trash Compactor Bag	2.45	2.45		Unscented so as not to attract critters and bears.
iny Pack	Pink Oh Canada Fanny Pack		-	3.00	[ESTIMATE] Purchased from a kind lady in Sierra City. Used to store phone, bleach, knife, hand sanitizer, wallet, and other odds and ends.
ar Can	BearVault BV500		40.35	-	Required through Sierras. Fits fine inside REI Flash 45 but I strapped it to the bottom at the start, which worked well too.
tal		30.20	70.55	33.20	
elter	Item		Sierras (oz) No		
nt	ZPacks Hexamid Solo Tent	12.85	12.85		0.74 cuben fiber for added durability. Includes sewn in bug netting for sanity.
oundsheet	ZPacks Groundsheet-Poncho	5.35	5.35		My favorite piece of gear. Poncho mode includes shock cord to pull in excess fabric, eliminating flapping in wind. Can use for cowboy camp
kes	4 MSR Mini Groundhogs + 4 Easton Nano Blue 6"	2.10	2.10		Variety of stakes for varied soil types.
tal		20.3	20.3	20.3	
ep System	Item	Desert (oz)	Sierras (oz) No	orth (oz)	Comments
ilt	Enlightened Equipment Revelation (20 degree)	23.30	23.30	23.30	Great value. Paired with the Montbell Alpine Light Down Parka, it was plenty of warmth for the hike.
eping Pad	Thermarest NeoAir Xlite	12.85	12.85	-	Incredible comfort for the weight. Had 8 holes in it at Lake Tahoe, and Cascade Designs was great about offering a replacement.
eping Pad	Gossamer Gear Nightlight	-	-	6.70	Torso length. Can wrap around the interior of pack to provide some frame. R-value sufficient for 3-season backpacking.
tal		36.15	36.15	30.00	
chen	Item		Sierras (oz) No		
oon	McDonald's McFlurry Spoon	0.15	0.15		Came with free McFlurry. Easily replaced. Have to be careful around heat or it will melt.
	Evernew Titanium Ultralight 0.9L Pot	3.80	3.80		Great lightweight pot, but expensive and takes up a lot of volume in my pack.
ld Soak Jar	Empty Peanut Butter Jar	5.00	5.00		16oz jar is large enough to cold soak couscous, ramen noodles, rice sides, and instant potatoes.
ife	Derma-safe Folding Utility Survival Knife	0.30	0.30		Basically a box cutter. It's plenty tough enough to cut rope and cheese.
ove	MSR Pocket Rocket	3.90	3.90		Alcohol stoves not a responsible (or often legal) choice on PCT.
e Starter	Mini BIC lighter	0.40	0.40		
		3.40	3.40		Lighter than regular BIC. Mostly used to stop fraying straps and to sanitize needle for blister popping. Strong plastic and wide openings for easy filling.
ater Bottles	32oz Gatorade Bottles (Two)	***************************************	5.40		
ditional Water Capacity	Platypus 4L Platy Water Tank	3.80	-		Extra capacity for desert.
ater Treatment	Aquamira	2.10	2.10		Light weight and less prone to breaking than filters or UV devices.
ater Treatment					As effective as Aquamira but cheaper, lighter, and easier to come by. Needs to be kept out of sunlight.
	Bleach	-	-		
od Bag	Bleach Sea-to-Summit 13L Stuff Sack	- 1.00	- 1.00	1.00	[ESTIMATE] Never hung food on the PCT. Instead, slept with food in this stuff sack. Didn't fit great into my pack but was all that I had.
od Bag al	Sea-to-Summit 13L Stuff Sack	18.85	15.05	1.00 8.25	
od Bag al		18.85		1.00 8.25 orth (oz)	Comments
od Bag tal letries	Sea-to-Summit 13L Stuff Sack	18.85 Desert (oz) 0.20	15.05 Sierras (oz) No 0.20	1.00 8.25 orth (oz) 0.20	Comments Handle trimmed like a true gram weenie.
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od Bag tal iletries othbrush othpaste	Sea-to-Summit 13L Stuff Sack	18.85 Desert (oz) 0.20	15.05 Sierras (oz) No 0.20	1.00 8.25 orth (oz) 0.20 1.50	Comments Handle trimmed like a true gram weenie. Travel size can last 2+ weeks if used sparingly.
od Bag tal iletries othbrush othpaste ilet Paper	Sea-to-Summit 13L Stuff Sack Item	18.85 Desert (oz) 0.20 1.50	15.05 Sierras (oz) No 0.20 1.50	1.00 8.25 orth (oz) 0.20 1.50 0.80	Comments Handle trimmed like a true gram weenie. Travel size can last 2+ weeks if used sparingly.
od Bag tal letries othbrush othpaste let Paper ti-Chafe	Sea-to-Summit 13L Stuff Sack Item - - Hand Sanitizer	18.85 Desert (oz) 0.20 1.50 0.80	15.05 Sierras (oz) No 0.20 1.50 0.80	1.00 8.25 orth (oz) 0.20 1.50 0.80 1.95	Comments Handle trimmed like a true gram weenie. Travel size can last 2+ weeks if used sparingly. Water + left hand + hand sanitizer leaves the cheeks cleaner and is better LNT. Alternatively, snowpack and moss make for great substitute
bd Bag Ial Ietries Dothbrush Dothpaste Iet Paper ti-Chafe st Aid Kit	Sea-to-Summit 13L Stuff Sack Item - - Hand Sanitizer Body Gilde Original Antichafe Balm	18.85 Desert (oz) 0.20 1.50 0.80 1.95	15.05 Sierras (oz) No 0.20 1.50 0.80 1.95	1.00 8.25 orth (oz) 0.20 1.50 0.80 1.95	Comments Handle trimmed like a true gram weenie. Travel size can last 2+ weeks if used sparingly. Water + left hand + hand sanitizer leaves the cheeks cleaner and is better LNT. Alternatively, snowpack and moss make for great substitute Rubbed on my feet every night before bed to restore moisture and prevent blistering. Sufficient to get me to a trailhead and help if something goes wrong. In retrospect, should have included Benadryl.
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d Bag al etrics etrics etrics etrics etrics etrics etropy etropy etropy ecolories etropy etro	Sea-to-Summit 13L Stuff Sack Item Hand Sanitizer Body Gilde Original Antichafe Balm Cuben Repair Tape, Thread + Needle, Tweezers, Imodium Item Rite in the Rain N. 331FX Ballpoint Pen Phone (Incl. case) Ankar PowerCore+ Mini 3350 mAh Standard Apple Phone Charger Princeton Tec Remix Halfmile PCT Map Set Drivers License, Debit, Credit, Permits, Insurance Card, Cash SPOT Gen3 (A) Items always worn or carried, or not in pack	18.85 Desert (oz) 0.20 0.50 0.80 1.95 0.70 5.15 0.20 6.25 0.20 6.25 3.40 1.50 3.05 9.60 0.65 4.25 31.45 Desert (oz) 55.80	15.05         Sierras (oz)         N           0.20         1.50         0.80           1.95         0.70         5.15           0.70         2.55         0.20           0.20         3.40         1.50           0.20         0.70         0.70           0.515         0.20         0.70           0.65         3.40         0.65           0.65         0.65         0.425           2.185         Silerras (oz)         Nt           5ilerras (oz)         Nt         56.80	1.00 8.25 orth (o2) 0.20 1.50 0.80 1.95 0.70 5.15 0.70 6.25 0.20 6.25 3.40 1.50 3.05 	Comments Handle trimmed like a true gram weenie. Travel size can last 2+ weeks if used sparingly. Water + left hand + hand sanitizer leaves the cheeks cleaner and is better LNT. Alternatively, snowpack and moss make for great substitute Rubbed on my feet every night before bed to restore moisture and prevent blistering. Sufficient to get me to a trailhead and help if something goes wrong. In retrospect, should have included Benadryl. Comments I write on page everyday. Each booklet contains 48 blank pages. Swap out (via post office) the complete booklet for a blank one when full. Standard issue. Black ink. Transparent so I can see ink levels and make sure I never run out. Communication, clock, alarr, digital maps (Halfmile), emergency GPS, camera, photo backup (Google Photos). Weight includes charging cable. Provides 1.5 full charges for iPhone Red light helpful in not attracting too many bugs. 3AAA batteries. Sufficient light useful for PCT, where night hiking is feasible and common Halfmile Maps printed double-sided on 8.5x11. Kept until Kennedy Meadows then quit carrying. Kept in small Ziploc in fanny pack. Peace of mind in case of emergency, which thankfully I never needed. Primarily used tracking function for friends and family to follow.
dd Bag al letrios bthbrush bthbrush let Paper di-Chafe ciclaneous rmal al coclaneous rmal an ermal Battery rgger nt t ps & Money ergency Beacon al al <b>Ounces</b>	Sea-to-Summit 13L Stuff Sack  Item  - Hand Sanitizer Body Gilde Original Antichafe Balm Cuben Repair Tape, Thread + Needle, Tweezers, Imodium  Item Rite in the Rain N. 331FX Ballpoint Pen IPhone (incl. case) Ankar PowerCore+ Mini 3350 mAh Standard Apple Phone Charger Princeton Tec Remix Halfmile PCT Map Set Drivers License, Debit, Credit, Permits, Insurance Card, Cash SPOT Gen3  (A) Items always worn or carried, or not in pack metimes worn or carried, or always packed, AKA "base weight"	18.85 Desert (c2) 0.20 1.50 0.80 1.50 0.80 0.70 5.15 Desert (c2) 2.55 0.20 6.25 3.40 1.50 3.05 9.60 0.65 4.25 3.40 0.065 4.25 3.415 Desert (c2) 5.580 Desert (c2) 5.580 Desert (c2)	15.05         N           Sierras (oz)         N           0.20         1.50           1.95         0.70           0.70         5.15           Sierras (oz)         N           2.55         0.20           6.25         3.40           1.50         0.65           0.65         0.65           4.25         21.85           Sierras (oz)         N	1.00 8.25 orth (o2) 0.20 1.50 0.80 1.95 orth (o2) 2.55 0.20 6.25 3.40 1.50 3.00 6.25 3.40 1.50 3.05 2.1.85 2	Comments Handle trimmed like a true gram weenie. Travel size can last 2+ weeks if used sparingly. Water + left hand + hand sanitizer leaves the cheeks cleaner and is better LNT. Alternatively, snowpack and moss make for great substitute Rubbed on my feet every night before bed to restore moisture and prevent blistering. Sufficient to get me to a trailhead and help if something goes wrong. In retrospect, should have included Benadryl. Comments I write on page everyday. Each booklet contains 48 blank pages. Swap out (via post office) the complete booklet for a blank one when full. Standard issue. Black ink. Transparent so I can see ink levels and make sure I never run out. Communication, clock, alarm, digital maps (Halfmile), emergency GPS, camera, photo backup (Google Photos). Weight includes charging cable. Provides 1.5 full charges for iPhone. Red light helpful in not attracting too many bugs. 3AAA batteries. Sufficient light useful for PCT, where night hiking is feasible and common Halfmile Maps printed double-sided on 8.5x11. Kept until Kennedy Meadows then quit carrying. Kept in small Ziploc in fanny pack. Peace of mind in case of emergency, which thankfully I never needed. Primarily used tracking function for friends and family to follow.
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bd Bag al lefries bthbrush bthpushe lef Paper li-Chafe st. Ald Kit al scellaneous scellaneous scellaneous scellaneous scellaneous trinal al scellaneous scell	Sea-to-Summit 13L Stuff Sack  Item  - Hand Sanitizer Body Gilde Original Antichafe Balm Cuben Repair Tape, Thread + Needle, Tweezers, Imodium  Item Rite in the Rain N. 331FX Ballpoint Pen IPhone (incl. case) Ankar PowerCore+ Mini 3350 mAh Standard Apple Phone Charger Princeton Tec Remix Halfmile PCT Map Set Drivers License, Debit, Credit, Permits, Insurance Card, Cash SPOT Gen3  (A) Items always worn or carried, or not in pack metimes worn or carried, or always packed, AKA "base weight"	18.85 Desert (o2) 0.20 1.50 0.80 0.70 5.15 Desert (o2) 0.625 3.40 1.50 0.65 9.60 0.65 3.05 3.145 Desert (o2) 55.80 146.85 20.365	15.05         N           Sierras (oz)         N           0.20	1.00 8.25 orth (oz) 0.20 1.50 0.80 0.70 5.15 0.70 2.55 0.20 6.25 0.20 6.25 0.20 6.25 0.20 6.25 0.20 6.25 0.20 6.25 0.20 6.25 0.20 0.20 0.20 0.20 0.20 0.20 0.20 0	Comments Handle trimmed like a true gram weenie. Travel size can last 2+ weeks if used sparingly. Water + left hand + hand sanitizer leaves the cheeks cleaner and is better LNT. Alternatively, snowpack and moss make for great substitutes Rubbed on my feet every night before bed to restore moisture and prevent blistering. Sufficient to get me to a trailhead and help if something goes wrong. In retrospect, should have included Benadryl. Comments I write on page everyday. Each booklet contains 48 blank pages. Swap out (via post office) the complete booklet for a blank one when full. Standard issue. Black ink. Transparent so I can see ink levels and make sure I never run out. Communication, clock, alarr, digital mays (Halfmile), emregnery GPS, camera, photo backup (Google Photos). Weight includes charging cable. Provides 1.5 full charges for iPhone Red light helpful in not attracting too many bugs. 3AAA batteries. Sufficient light useful for PCT, where night hiking is feasible and common. Halfmile Maps printed double-sided on 8.5x11. Kept until Kennedy Meadows then quit carrying. Kept in small Ziploc in fanny pack. Peace of mind in case of emergency, which thankfully I never needed. Primarily used tracking function for friends and family to follow.
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