

PACIFIC CREST TRAIL 2016

Note: This gear list splits the PCT into three sections: The Desert (Mile 0-700), The Sierras (Mile 700-1200), and The Northern PCT (Mile 1200-2650).

Worn/Carried	Item	Desert (oz)	Sierras (oz)	North (oz)	Comments
Hat	Generic Trucker Hat	2.20	2.20	2.20	Thrifty store purchase. Paired with bandana it creates great sun protection. Mesh trucker hat breathes better than full hats.
Baselayer 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.
Baselayer Bottom	Umbro Soccer Shorts	3.90	3.90	3.90	Another thrifty store steal. No liner or built in underwear. Nylon dries very fast.
Hiking 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.
Socks	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.
Gaiters	Dirty Girl Gaiters	1.40	1.40	1.40	Boring black. If purchased again I would make sure to get something prettier.
Bandana	Bandana	1.00	1.00	1.00	Used primarily for sun protection, but also as a washcloth, towel, and neck buff.
Sunglasses	Generic Fake Raybans	0.80	0.80	0.80	Necessary to avoid snow blindness in the Sierras.
Trekking 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.
Tape	Duct Tape (36")	0.45	0.45	0.45	Wrapped around trekking pole.
Total		56.80	56.80	56.80	
Other Clothing	Item	Desert (oz)	Sierras (oz)	North (oz)	Comments
Midlayer Top	Montbell Alpine Light Down Parka	-	14.20	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.
Bug Netting	Sea-to-Summit Mosquito Headnet	0.80	0.80	0.80	Necessary for sanity in the Sierras. Doubles as a stuff sack for packed clothing when not in use.
Wind Jacket	Montbell Tachyon Anorak	2.00	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.
Spare Socks	Darn Tough King of the Mountain Micro Crew Light	1.95	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.
Gloves	Walmart Gardening Gloves	-	1.40	1.40	Nice for brisk mornings and cool evenings.
Total		4.75	20.35	20.35	
Packing	Item	Desert (oz)	Sierras (oz)	North (oz)	Comments
Backpack	REI Flash 45	27.75	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.
Pack Liner	Generic Trash Compactor Bag	2.45	2.45	2.45	Unscented so as not to attract critters and bears.
Fanny 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.
Bear 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.
Total		30.20	70.55	33.20	
Shelter	Item	Desert (oz)	Sierras (oz)	North (oz)	Comments
Tent	ZPacks Hexamid Solo Tent	12.85	12.85	12.85	0.74 cuben fiber for added durability. Includes sewn in bug netting for sanity.
Groundsheet	ZPacks Groundsheet-Poncho	5.35	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 camping.
Stakes	4 MSR Mini Groundhogs + 4 Easton Nano Blue 6"	2.10	2.10	2.10	Variety of stakes for varied soil types.
Total		20.3	20.3	20.3	
Sleep System	Item	Desert (oz)	Sierras (oz)	North (oz)	Comments
Quilt	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.
Sleeping 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.
Sleeping 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.
Total		36.15	36.15	30.00	
Kitchen	Item	Desert (oz)	Sierras (oz)	North (oz)	Comments
Spoon	McDonald's McFlurry Spoon	0.15	0.15	0.15	Came with free McFlurry. Easily replaced. Have to be careful around heat or it will melt.
Pot	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.
Cold Soak Jar	Empty Peanut Butter Jar	-	-	2.00	16oz jar is large enough to cold soak couscous, ramen noodles, rice sides, and instant potatoes.
Knife	Derma-safe Folding Utility Survival Knife	0.30	0.30	0.30	Basically a box cutter. It's plenty tough enough to cut rope and cheese.
Stove	MSR Pocket Rocket	3.90	3.90	-	Alcohol stoves not a responsible (or often legal) choice on PCT.
Fire Starter	Mini BIC lighter	0.40	0.40	0.40	Lighter than regular BIC. Mostly used to stop fraying straps and to sanitize needle for blister popping.
Water Bottles	32oz Gatorade Bottles (Two)	3.40	3.40	3.40	Strong plastic and wide openings for easy filling.
Additional Water Capacity	Platypus 4L Platy Water Tank	3.80	-	-	Extra capacity for desert.
Water Treatment	Aquamira	2.10	2.10	-	Light weight and less prone to breaking than filters or UV devices.
Water Treatment	Bleach	-	-	1.00	As effective as Aquamira but cheaper, lighter, and easier to come by. Needs to be kept out of sunlight.
Food Bag	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.
Total		18.85	15.05	8.25	
Toiletries	Item	Desert (oz)	Sierras (oz)	North (oz)	Comments
Toothbrush	-	0.20	0.20	0.20	Handle trimmed like a true gram weenie.
Toothpaste	-	1.50	1.50	1.50	Travel size can last 2+ weeks if used sparingly.
Toilet Paper	Hand Sanitizer	0.80	0.80	0.80	Water + left hand + hand sanitizer leaves the cheeks cleaner and is better LNT. Alternatively, snowpack and moss make for great substitutes.
Anti-Chafe	Body Glide Original Antichafe Balm	1.95	1.95	1.95	Rubbed on my feet every night before bed to restore moisture and prevent blistering.
First Aid Kit	Cuben Repair Tape, Thread + Needle, Tweezers, Imodium	0.70	0.70	0.70	Sufficient to get me to a trailhead and help if something goes wrong. In retrospect, should have included Benadryl.
Total		5.15	5.15	5.15	
Miscellaneous	Item	Desert (oz)	Sierras (oz)	North (oz)	Comments
Journal	Rite in the Rain N. 331FX	2.55	2.55	2.55	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.
Pen	Ballpoint Pen	0.20	0.20	0.20	Standard issue. Black ink. Transparent so I can see ink levels and make sure I never run out.
Phone	iPhone (incl. case)	6.25	6.25	6.25	Communication, clock, alarm, digital maps (Halfmile), emergency GPS, camera, photo backup (Google Photos).
External Battery	Ankar PowerCore+ Mini 3350 mAh	3.40	3.40	3.40	Weight includes charging cable. Provides 1.5 full charges for iPhone.
Charger	Standard Apple Phone Charger	1.50	1.50	1.50	-
Light	Princeton Tec Remix	3.05	3.05	3.05	Red light helpful in not attracting too many bugs. 3AAA batteries. Sufficient light useful for PCT, where night hiking is feasible and common.
Maps	Halfmile PCT Map Set	9.60	-	-	Halfmile Maps printed double-sided on 8.5x11. Kept until Kennedy Meadows then quit carrying.
ID & Money	Drivers License, Debit, Credit, Permits, Insurance Card, Cash	0.65	0.65	0.65	Kept in small Ziploc in fanny pack.
Emergency Beacon	SPOT Gen3	4.25	4.25	4.25	Peace of mind in case of emergency, which thankfully I never needed. Primarily used tracking function for friends and family to follow.
Total		31.45	21.85	21.85	
Total Ounces		Desert (oz)	Sierras (oz)	North (oz)	
	(A) Items always worn or carried, or not in pack	56.80	56.80	56.80	
	(B) Items sometimes worn or carried, or always packed, AKA "base weight"	146.85	189.40	139.10	
	(A) + (B) = Full "skin-out" weight	203.65	246.20	195.90	
Total Pounds		Desert (lbs)	Sierras (lbs)	North (lbs)	
	(A) Items always worn or carried, or not in pack	3.6	3.6	3.6	
	(B) Items sometimes worn or carried, or always packed, AKA "base weight"	9.2	11.8	8.7	
	(A) + (B) = Full "skin-out" weight	12.7	15.4	12.2	