

# APPALACHIAN TRAIL 2014

Note: This list was reconstructed in 2016. While all items are listed, some weights are estimated.

Worn/Carried	Item	Start (oz)	End (oz)	Comments
Baselayer Top	Under Armor Short Sleeve T-Shirt	5	4	[Estimate] Dried quickly and I already owned it. Hardly resembled a shirt by the end of my hike.
Underwear	<a href="#">ExOfficio Men's Give-N-Go Boxer Brief</a>	3.2	-	Ditched these ~200 miles in and "freeballed." Must cooler and drier without underwear to trap heat/moisture.
Baselayer Bottom	Red Running Shorts	5	5	[Estimate] 1990's nylon shorts bought at the thrift store. No liner.
Bandana	Bandana	0.9	0.9	Polyester and cotton blend dries quickly. Used for head protection, to dry dishes and tent walls, etc.
Hiking Shoes	<a href="#">New Balance MT110 Trail Running Shoe</a>	15.25	-	Great shoe. Each pair lasted ~500 miles. No longer manufactured.
Hiking Shoes	<a href="#">Saucony Kinvara TR2</a>	-	16	[Estimate] Had to switch because NB MT110 unavailable. Slightly tighter fit. Did not handle Pennsylvania rocks well.
Socks	<a href="#">Defeat Wooleator (2 Pair)</a>	3	-	[Estimate] Wool. Fantastic breathability and quick drying. Less durable than Darn Toughs.
Socks	<a href="#">Darn Tough Hiker 1/4 Sock Cushion</a>	-	3	[Estimate] Discovered Darn Tough brand while on the AT and switched to them once my Wooleaters wore out.
Gaiters	<a href="#">Simblissity Levagaiter</a>	1.8	1.8	To keep rocks and dirt out of my shoes.
Trekking Poles	<a href="#">Cascade Mountain Tech Twist Lock Carbon Fiber Poles</a>	16	16	Great weight for the price. Went through three+ pairs during hike. The shafts break near the tip after ~500 miles.
<b>Total</b>		<b>50.15</b>	<b>46.7</b>	
Other Clothing	Item	Start (oz)	End (oz)	Comments
Midlayer Top	Generic Blue Fleece	9.6	9.6	Generic 1/4 zip fleece that I already owned. Provided plenty of warmth for cool AT evenings.
Pants	<a href="#">Columbia Silver Ridge Convertible Pants</a>	14.4	-	Ditched these ~200 miles in and never looked back. For a late April start, pants were unnecessary.
Wind Jacket	1990s Charger's Windbreaker	6	-	[Estimate] Another thrift store purchase I ditched ~200 miles in. Weren't enough cool mornings to use it.
Rain Protection	<a href="#">Frogg Toggs DriDucks Poncho</a>	7.8	-	Failed during a storm on Big Hump Mountain, NC when snaps ripped out. I carried no rain gear from VA until VT.
Rain Protection	<a href="#">Marmot PreCip</a>	-	12	Picked up at an EMS in northern Massachusetts. Rain gear necessary for Vermont, New Hampshire, and Maine.
Warm Hat	<a href="#">Mountain Hardwear Dome Perignon</a>	2.8	-	Sent home ~200 miles in because it wasn't cold enough. Wished I would have had it up in New England.
Gloves	Winter Snow Gloves	5	-	[Estimate] Ditched these ~200 miles in. Never used.
Clothes Bag	<a href="#">Medium Red Stuff Sack</a>	1	-	[Estimate] Not waterproof as Walmart advertises. I sent this home as I ditched excess clothing.
<b>Total</b>		<b>46.6</b>	<b>21.6</b>	
Packing	Item	Start (oz)	End (oz)	Comments
Backpack	<a href="#">REI Flash 45</a>	28	28	Modified Pre-2014 version. Removed brain, extra straps, hydration pouch. Trimmed shoulder straps and hip belt.
Pack Liner	Generic Trash Compactor Bag	2.45	2.45	Unscented so as not to attract critters and bears.
<b>Total</b>		<b>30.45</b>	<b>30.45</b>	
Shelter	Item	Start (oz)	End (oz)	Comments
Tent	<a href="#">TarpTent Squall 2</a>	34	34	A single-walled palace for one, and suitable for two. Carried by lashing it to the bottom of my pack.
Stakes	Easton Nano Blue 6" (4 Stakes)	1	1	Came with Tarptent.
Groundsheet	-	-	-	Did not need; Tarptent floor is waterproof.
<b>Total</b>		<b>35</b>	<b>35</b>	
Sleep System	Item	Start (oz)	End (oz)	Comments
Quilt	<a href="#">Enlightened Equipment Revelation (20 degree)</a>	23.5	23.5	Great quilt, though it was too warm during the summer. I had a couple cold nights in Maine when it started losing loft.
Sleeping Pad	<a href="#">Thermarest NeoAir Xlite</a>	12	12	Regular size. Great warmth and comfort for the weight.
<b>Total</b>		<b>35.5</b>	<b>35.5</b>	

Kitchen	Item	Start (oz)	End (oz)	Comments
Trash Bag	Resealable Ziploc (1 Gallon)	1	-	Unnecessary. Ditched and used old Ziplocs instead.
Spoon	McDonald's McFlurry Spoon	0.2	0.2	Came with free McFlurry. Easily replaced. Have to be careful around heat or it will melt.
Pot	Aluminum .5L Pot	6	6	[Estimate] My dad used it while traveling the world in the 80's. Worked well until I dented it on a bear pole.
Knife	<a href="#">Leatherman Style CS Clip-On Multi-Tool</a>	1.5	1.5	[Estimate] Used scissors most and tweezer for tick removal.
Rope	<a href="#">3mm Utility Cord</a>	2	2	[Estimate] Used to hang food bag and to attach my tent to the bottom of my pack.
Stove	<a href="#">Homemade Supercat Stove</a>	0.25	0.25	Nicknamed "Gertrude" because this stove can be crotchety. It'll get the job done for cooking Knorr sides or ramen.
Stove Windscreen	Homemade Aluminum Sheeting	1	1	Can purchase at any hardware store, then cut down to size. Fit nicely inside my pot.
Fuel Bottle	12oz Gatorade Bottle	1	1	[Estimate] Wrapped red duct tape around as a remind not to drink from the bottle. Could easily carry fuel for 5+ days.
Fire Starter	<a href="#">Mini BIC lighter</a>	0.4	0.4	Lighter and smaller than full sized lighter.
Water Treatment	<a href="#">Aquamira</a>	2	2	Light weight and less prone to breaking than filters or UV devices.
Water Bottles	32oz Gatorade Bottles (Two)	3.4	3.4	2L water capacity was plenty for the AT.
Food Bag	<a href="#">Large Yellow Stuff Sack</a>	2	2	[Estimate] Not waterproof as Walmart advertises, but a fine as a food bag. Perhaps a bit small.
<b>Total</b>		<b>20.75</b>	<b>19.75</b>	

Toiletries	Item	Start (oz)	End (oz)	Comments
Soap	<a href="#">Dr. Bronner's Pure-Castile Liquid Soap</a>	1	-	Ditched it because I never needed it. Soap was easy to come by in any hostel or hotel along the way.
Toilet Paper	-	1	1	Pack it in, pack it out.
Toothbrush	-	1	1	Handle trimmed like a true gram weenie.
Toothpaste	-	2	2	Travel size.
Comb	<a href="#">Conair Shower Comb</a>	3	3	I had long hair at the time. A quick brushing every night helped to avoid dreadlocks and search for ticks.
Anti-Chafe	<a href="#">Body Glide Original Antichafe Balm</a>	1.95	1.95	Rubbed on my feet every night before bed to restore moisture and prevent blistering.
First Aid Kit	Antibiotic Ointment, Bandages, NeoAir Repair Kit	2	2	Just the necessities to handle small scrapes. In retrospect, I should have packed Imodium and Benadryl as well.
<b>Total</b>		<b>11.95</b>	<b>10.95</b>	

Miscellaneous	Item	Start (oz)	End (oz)	Comments
Journal	<a href="#">Rite in the Rain N. 330F</a>	10.6	10.6	Includes weight of standard ballpoint pen. A luxury item but well worth it.
Phone	iPhone (incl. case)	6	6	Phone, camera, clock, alarm. Kept in airplane mode.
Charger	Standard Apple Phone Charger	1	1	-
Guidebook	<a href="#">The AT Guide</a>	3	3	Loose leaf. Had sectioned brought to me when friends and family came out to meet me. Awesome resource.
Light	<a href="#">Princeton Tec Remix</a>	3.05	3.05	Red light helpful in not attracting too many bugs. 3AAA batteries.
ID & Money	Drivers License, Debit Card, Insurance Card, Cash	1	1	Kept in a small Ziploc with NeoAir repair kit
Stuff Sack	<a href="#">Small Blue Stuff Sack</a>	1	1	[Estimate] Not waterproof as Walmart advertises, but a fine and cheap stuff sack.
<b>Total</b>		<b>25.65</b>	<b>25.65</b>	

Total   Ounces	Start (oz)	End (oz)
(A) Items always worn or carried, or not in pack	50.15	46.70
(B) Items sometimes worn or carried, or always packed, AKA "base weight"	205.9	178.9
(A) + (B) = Full "skin-out" weight	256.05	225.6
Total   Pounds	Start (lbs)	End (lbs)
(A) Items always worn or carried, or not in pack	3.1	2.9
(B) Items sometimes worn or carried, or always packed, AKA "base weight"	12.9	11.2
(A) + (B) = Full "skin-out" weight	16.0	14.1