

3 Season Gear List
7 Day Trip In Glacier National Park
Carrying all shared gear for Gillian and me and a few luxury items

Item	Description	Quantity	Weight (Oz.)		
Clothing Worn					
Wide-brimmed hat	Tilley LT6B	1	4.6		
Shirt	Icebreaker T - Bodyfit 200	1	6.1		
Underwear	Mt. Hardwear eXtend Featherweight Boxers	1 Pair	2.7		
Pants	Prana Stretch Zion Pants	1 Pair	14.6		
Socks	Smartwool Adreneline Light Crew (Green Pair)	1 Pair	2.8		
Shoes	Vasque Blur Trail Runners	1 Pair	34.0		
Glasses	Prescription Glasses	1 Pair	0.5		
		Subtotal	65.3	Total (lbs.)	4.1
Other Items Worn/Carried					
Trekking Poles	Komperdell C3 Carbon Airshock	1 Pair	13.0		
Watch	St. Moritz Pathfinder Ti	1	1.5		
Knife	A.G. Russel Featherlite	1	1.5		
Whistle (Neck Lanyard)	ACR Emergency Whistle	1	0.2		
Light (Neck Lanyard)	Princeton Tec Pulsar II	1	0.2		
Extra Cordage (Utility Bracelet)	18' of Paracord	1	1.5		
Firestarter (In Pocket)	Light My Fire Firesteel	1	1.1		
		Subtotal	19.0	Total (lbs.)	1.2
Other Clothing					
Wind Shirt	Montane Featherlite Smock	1	3.3		
High Loft Insulation Layer	Montbell Thermawrap	1	10.0		
WP/B Rain Jacket	Integral Designs Thru Hiker (Modified-Extra Lon	1	13.3		
Rain Pants	Golite Reed Rain Pants	1	6.6		
Hat	Icebreaker AC Pocket 320	1	2.8		
Gloves	Possumdown Gloves	1 Pair	1.4		
Rain Mitts	MLD eVENT Rain Mitts	1 Pair	1.2		
Gaiters	Integral Designs eVENT Shortie Gaiters	1 Pair	2.4		
Extra Shirt	Smartwool Lightweight Crew (Green)	1	7.9		
Extra Underwear	Icebreaker Bodyfit 150 Boxer Briefs	1 Pair	2.7		
Extra Socks	Smartwool Adreneline Light Crew (Blue Pair)	1 Pair	3.0		
Baselayer Bottoms	Smartwool Lightweight Bottoms	1 Pair	7.7		
Bandana	Cotton Bandanas (Blue and Red)	2	2.1		

		Subtotal	64.4	Total (lbs.)	4.0
Sleep System					
Sleeing Bag	Western Mountaineering Megalite (Long)	1	27.5		
Sleeping Pad	Therm-a-Rest Ridgerest Short	1	8.0		
Dry Sack	Outdoor Research Helium Dry Sack #4	1	3.4		
		Subtotal	38.9	Total (lbs.)	2.4
Shelter					
Tent	Six Moon Designs Lunar Duo	1	40.7		
Stakes	Easton Aluminum	8	3.1		
Guylines	40' AirCore Pro Dyneema Cord	4	0.7		
		Subtotal	44.5	Total (lbs.)	2.8
Packing					
Backpack	Granite Gear Nimbus Meridian	1	61.8		
Packing & Organization	Assorted Stuff Sacks	4	2.5		
Pack Liner	Contractor Trash Bag	2	0.8		
		Subtotal	65.1	Total (lbs.)	4.1
Cooking & Water					
Stove	Bushbuddy Ultra	1	4.9		
Fuel Container	None		0.0		
Cookpot	Snowpeak Trek 900	1	3.6		
Cookpot Lid	Snowpeak Trek 900	1	1.9		
Mug	MSR Titan Cup	1	2.0		
Coffee Paraphernalia	MSR Mug Mate	1	1.0		
Windscreen	None	1	0.0		
Utensil	REI Ti WARE Long-handled spoon	2	0.6		
Firestarter	Bic Lighter	1	0.4		
Water Bottle	Sigg 1 Liter Bottle	1	5.2		
Hydration System	Platypus Big Zip II (2 Liter)	1	4.0		
Water Tank	Platypus Water Tank (6 Liter)	1	3.1		
Water Treatment	Aqua Mira Kit	1	2.5		
Water Filter	Aqua Mira Frontier Pro	1	1.9		
Food Storage	Ursalite Bear Bag System	1	3.1		
Tinder	Spark-Lite Tinder-Quick Tabs	50	0.1		
Tinder Emergency Backup	MPI Outdoors Solid Fuel Tablets	6	3.2		
		Subtotal	37.5	Total (lbs.)	2.3
Other Essentials					
Map(s)	National Geographic Topo	1	3.2		

Light	Princeton Tec Eos	1	3.6		
First Aid Kit	Homemade	1	8.8		
Survival Kit	Adventure Medical Kits Pocket Survival Pak	1	3.9		
Sunglasses	Prescription glassess and hard case	1 Pair	6.7		
Sunscreen	Dermatone	1	3.0		
Insect Repellent	Repel (4 oz. Spray bottle)	1	3.8		
Hygiene Kit/Toiletries Kit	Toothbrush, toothpaste, Dr. Bronner's, Purell	1	10.4		
Pack Towel	MSR Medium Pack Towel	1	1.7		
Compass	Brunton Baseplate Map Compass7DNL	1	1.0		
Multi-tool	Leatherman Squirt S4	1	1.8		
Camera	Olympus D-520 Zoom	1	7.3		
Backup Batteries	For Camera and Headlamp	1 Set	2.0		
Book	Something light but good	1	5.0		
Journal	Rite in the Rain	1	0.7		
Pen	Fisher Space Pen	1	0.2		
		Subtotal	63.1	Total (lbs.)	3.9
Consumables					
Fuel	None		0.0		
Food	25 Oz. Per Day		175.0		
Water	Up to 2 Liters at a time		64.0		
		Subtotal	239.0	Total (lbs.)	14.9
Weight Summary					
(1) Total Weight Worn or Carried			5.3		
(2) Total Base Weight in Pack			19.6		
(3) Total Weight of Consumables			14.9		
(4) Total Initial Pack Weight (2)+(3)			34.5		
(5) Bottom Line (1)+(2)+(3)			39.8		