

Grams	Ounces	Pounds	Type	Item
Appalachian Trail thru-hike starting pack list, for a late Feb NOBO start				
Brian Lewis (Gadget)				
<b>Items in red bold text: not used entire trip, for cold weather only (Smokies, Whites)</b>				
441	15.6	0.97	Clothes	<b>Montbell Alpine light parka size large, with stuff sack. Stuffed size is about 12" long, 5 - 6" diameter.</b>
275	9.7	0.61	Clothes	<b>Feathered Friends down booties (both inners and outers)</b>
174	6.1	0.38	Clothes	<b>Black Montbell UL Thermawrap vest</b>
152	5.4	0.34	Clothes	<b>White Capilene-1 mens longsleeved shirt, Patagonia brand</b>
151	5.3	0.33	Clothes	<b>White Capilene-1 mens longjohns, patagonia brand, size large</b>
134	4.7	0.30	Clothes	<b>Second set of Wool socks</b>
87	3.1	0.19	Clothes	<b>Rocky Gore-tex socks, size 12</b>
79	2.8	0.17	Clothes	<b>green REI polyester mittens (in quart ziplock)</b>
69	2.4	0.15	Clothes	<b>I.D. eVent shortie Gaiters, stored in a quart ziplock</b>
63	2.2	0.14	Clothes	<b>Balaclava: "Seirus Combo Clava", fleece hood with Neofleece face mask.</b>
48	1.7	0.11	Clothes	<b>GG Spinnchaps (in quart ziplock)</b>
18	0.6	0.04	Clothes	<b>Tyvek sleeves (pair), to augment poncho (store these with Gatewood Cape)</b>
17	0.6	0.04	Clothes	<b>second set of 2 bread bags, used around camp over wool socks when shoes are wet, also for as-need VB socks</b>
16	0.6	0.04	Clothes	<b>earbags (earwarmers, to beat the wind). Size large, including red carry bag</b>
130	4.6	0.29	Clothes	black running shorts with small pockets. Spare underwear or to wear while washing pants or to just hike in
90	3.2	0.20	Clothes	mostly Wool hiking stocks
88	3.1	0.19	Clothes	Golite shoe inserts, alternate with orthotics
77	2.7	0.17	Clothes	Black polartec "peru-style" warm hat, can wear alone or on top of thin balaclava
77	2.7	0.17	Clothes	GoLite Wisp Wind Shirt
50	1.8	0.11	Clothes	disposeable poncho, for use in camp
38	1.3	0.08	Clothes	black thin liner gloves
35	1.2	0.08	Clothes	eVent mitten shells
30	1.1	0.07	Clothes	grey sock liners X-Static by FoxRiver --- foxsox.com --- size large
30	1.1	0.07	Clothes	second pair of spare liner socks, perhaps injinji's
27	1.0	0.06	Clothes	Bandana (winter camo)
17	0.6	0.04	Clothes	2 bread bags, used around camp over wool socks when shoes are wet, also for as-need VB socks
13	0.5	0.03	Clothes	nitrile gloves, size XL
594	21.0	1.31	Haulage	Pack: Gossamer Gear Mariposa Plus, max load 35 pounds recommended
78	2.8	0.17	Haulage	Pack liner (purchased from GG)
42	1.5	0.09	Haulage	Blue add-on waist pouch (Campmor)
35	1.2	0.08	Haulage	OP Sack liner for food bag, 12" x 20"
35	1.2	0.08	Haulage	Teal large silnylon clothing bag
32	1.1	0.07	Haulage	Orange waterproof 8 liter "Ultra-Sil" stuff sack
22	0.8	0.05	Haulage	grey food bag, silnylon
16	0.6	0.04	Haulage	grey stuff sack used for infrequently used small stuff
15	0.5	0.03	Haulage	Equinox Ultralight 6" x 11" dark blue (nearly black) stuff sack
10	0.4	0.02	Haulage	Equinox Ultralight 5" x 8" blue stuff sack
70	2.5	0.15	Liquid	4-liter platypus water carrier/holder with handle
68	2.4	0.15	Liquid	AquaMira water purification drops (two bottle system) with one extra cap and some fine mesh, in plastic bag --- this is weight of f
43	1.5	0.09	Liquid	20 oz wide-mouth Gatorade type plastic bottle

43	1.5	0.09	Liquid	20 oz wide-mouth Gatorade type plastic bottle						swap for a 24 oz soda pop bottle
39	1.4	0.09	Liquid	"Sobe" 20 oz wide-mouth plastic bottle (for flavored drinks), with pop-top lid						swap to use 1-liter and 2-liter plat
34	1.2	0.07	Liquid	Green OR Water Bottle waist holder						mail home from Pearisburg
229	8.1	0.50	Electronics	Smartphone: ETEN Glofiish M700 with extended 3000 mAh battery, neoprene case, no spare battery, no extra SD cards						
200	7.1	0.44	Electronics	Bluetooth keyboard with 2 AAA batteries						
77	2.7	0.17	Electronics	AC Power cord for ETEN Glofiish M700						
63	2.2	0.14	Electronics	MP3 player: Creative MuVo V100, with 0.6 oz earphones						
50	1.8	0.11	Electronics	spare extended capacity (3000 mAh) battery for M700						
50	1.8	0.11	Electronics	spare extended capacity (3000 mAh) battery for M700						
11	0.4	0.02	Electronics	spare AAA battery for use with MP3 player						
102	3.6	0.22	Other	small first aid kit (yellow package)(incl 12 aspirins in a baggy and tube of antibiotic (full))						
59	2.1	0.13	Other	Set of spare ziplocks of all 5 sizes: start with 2 gallon, 2 quart, 4 sandwich, 5 snack, 2 hobby (smallest)						
49	1.7	0.11	Other	vicodin and anti-diarhea presription meds						
47	1.7	0.10	Other	Sunscreen and lip balm --- 1 fl oz fel sunblock and lip balm tube, both in a small aloksak						
40	1.4	0.09	Other	4 - 5 days worth of toilet paper in ziplock						
38	1.3	0.08	Other	toothcare kit: cut-off toothbrush, small bottle of tooth powder, 50 yards dental floss, in ziplocks						
30	1.1	0.07	Other	SMC Perforated Snow/sand Stake, used as cathole digger						
29	1.0	0.06	Other	30' of "triptease" cord.						
29	1.0	0.06	Other	2nd plastic black garbage bag as a bag liner, or for whatever						
29	1.0	0.06	Other	black plastic garbage bag (use this as a spare)						
27	1.0	0.06	Other	small baggie with 7 days worth of vitamins, Omega 3, etc --- about 3.5 grams per day						
27	1.0	0.06	Other	Petzold e+lite, red & white LED headlamp/light that uses two CR 2032 batteries						
26	0.9	0.06	Other	rolled-up 'sporteye' sunglasses in converted tylenol bottle case						
22	0.8	0.05	Other	2 small, short black mini-bungy cords						
22	0.8	0.05	Other	Wenger swiss army "Esquire" knife: scissors, blade, nail file/cleaner, toothpick, tweezers"						
19	0.7	0.04	Other	Purell hand sanitizer						
16	0.6	0.04	Other	hydropel in mini-balm container						
15	0.5	0.03	Other	Duct tape (small, flattened)						
15	0.5	0.03	Other	Money, drivers license, a credit card in baggie						
15	0.5	0.03	Other	lightweight compass --- black one that has a mini-thermometer on it						
14	0.5	0.03	Other	2 "wet ones" singles in a snack ziplock						
13	0.5	0.03	Other	Bug headnet						
12	0.4	0.03	Other	2 sheets of paper in ziplock with thru-hiker first aid info						
10	0.4	0.02	Other	Separate blood clot/absorbtion material in mini-ziplock (in addition to first aid kit)						
10	0.4	0.02	Other	mini-ziplock with contact cards (12)						
10	0.4	0.02	Other	Tylenol PM --- 12 tablets (can take either 1 or 2 of these at a time)						
9	0.3	0.02	Other	reading glasses (pinch type, fit in credit-card sized case)						
9	0.3	0.02	Other	ziplock with a little paper and a small pencil						
9	0.3	0.02	Other	LED pinch-type light from PCT kickoff						
7	0.2	0.02	Other	spare set of CR 2032 batteries for Petzold light						
7	0.2	0.02	Other	Smaller plastic bag to cover shoes at night (rain pools, splatters, etc)						
7	0.2	0.02	Other	Small ziplock with a few "2nd skin" patches (2 each of the three sizes)						
6	0.2	0.01	Other	P38 type of very light can opener in small plastic ziplock						
6	0.2	0.01	Other	superglue in small container						
5	0.2	0.01	Other	pen --- small blue fisher space pen						
5	0.2	0.01	Other	3 safety pins						



