Grams	Ounces	Pounds	Type	ltem
			- 710 -	
Appala	chian T	rail thru-	hike starti	ing pack list, for a late Feb NOBO start
	_ewis (G			Items in red bold text: not used entire trip, for cold weather only (Smokies, Whites)
Dilaii	Lewis (C	lauget)		items in rea bold text. Not used entire trip, for cold weather only (Smokies, Wintes)
441	15.6	0.07	Clothes	Montbell Alpine light parka size large, with stuff sack. Stuffed size is about 12" long, 5 - 6" diameter.
275	9.7		Clothes	Feathered Friends down booties (both inners and outers)
174	6.1		Clothes	Black Montbell UL Thermawrap vest
152	5.4		Clothes	White Capilene-1 mens longsleeved shirt, Patagonia brand
151	5.3		Clothes	White Capilene-1 mens longjohns, patagonia brand, size large
134	4.7		Clothes	Second set of Wool socks
87	3.1		Clothes	Rocky Gore-tex socks, size 12
79	2.8		Clothes	green REI polyesther mittens (in quart ziplock)
69	2.4		Clothes	I.D. eVent shortie Gaiters, stored in a quart ziplock
63	2.2		Clothes	Balaclava: "Seirus Combo Clava", fleece hood with Neofleece face mask.
48	1.7		Clothes	GG Spinnchaps (in quart ziplock)
18	0.6		Clothes	Tyvek sleeves (pair), to augment poncho (store these with Gatewood Cape)
17	0.6		Clothes	second set of 2 bread bags, used around camp over wool socks when shoes are wet, also for as-need VB socks
16	0.6		Clothes	earbags (earwarmers, to beat the wind). Size large, including red carry bag
130	4.6		Clothes	black running shorts with small pockets. Spare underwear or to wear while washing pants or to just hike in
90	3.2		Clothes	mostly Wool hiking stocks
88	3.1		Clothes	Golite shoe inserts, alternate with orthodics
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		Clothes	2 bread bags, used around camp over wool socks when shoes are wet, also for as-need VB socks
13	0.5		Clothes	nitrile gloves, size XL
594	21.0		Haulage	Pack: Gossamer Gear Mariposa Plus, max load 35 pounds recommended
78	2.8		' Haulage	Pack liner (purchased from GG)
42	1.5		Haulage	Blue add-on waist pouch (Campmor)
35	1.2		Haulage	OP Sack liner for food bag, 12" x 20"
35	1.2		Haulage	Teal large silnylon clothing bag
32	1.1		' Haulage	Orange waterproof 8 liter "Ultra-Sil" stuff sack
22	3.0		Haulage	grey food bag, silnylon
16	0.6		Haulage	grey stuff sack used for infrequently used small stuff
15	0.5		Haulage	Equinox Ultralight 6" x 11" dark blue (nearly black) stuff sack
10	0.4		Haulage	Equinox Ultralight 5" x 8" blue stuff sack
70	2.5		Liquid	4-liter platypus water carrier/holder with handle
68	2.4		Liquid	AquaMira water purification drops (two bottle system) with one extra cap and some fine mesh, in plastic bag this is weight
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			Smartphone: ETEN Glofiish M700 with extended 3000 mAh battery, neoprene case, no spare	battery, no e	extra SD ca	rds		
200	7.1			Bluetooth keyboard with 2 AAA batteries					
77	2.7			AC Power cord for ETEN Glofiish M700					
63	2.2			MP3 player: Creative MuVo V100, with 0.6 oz earphones					
50	1.8			spare extended capacity (3000 mAh) battery for M700					
50	1.8			spare extended capacity (3000 mAh) battery for M700					
11	0.4			spare AAA battery for use with MP3 player					
102	3.6		Other	small first aid kit (yellow package)(incl 12 aspirins in a baggy and tube of antibiotic (full))					
59	2.1		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		Other	vicodin and anti-diarhea presription meds					
47	1.7		Other	Sunscreen and lip balm 1 fl oz fel sunblock and lip balm tube, both in a small aloksak					
40	1.4		Other	4 - 5 days worth of toilet paper in ziplock					
38	1.3		Other	toothcare kit: cut-off toothbrush, small bottle of tooth powder, 50 yards dental floss, in ziplocks	S				
30	1.1		Other	SMC Perforated Snow/sand Stake, used as cathole digger					
29	1.0		Other	30' of "triptease" cord.					
29	1.0		Other	2nd plastic black garbage bag as a bag liner, or for whatever					
29	1.0		Other	black plastic garbage bag (use this as a spare)					
27	1.0		Other	small baggie with 7 days worth of vitamins, Omega 3, etc about 3.5 grams per day					
27	1.0		Other	Petzold e+lite, red & white LED headlamp/light that uses two CR 2032 batteries					
26	0.9		Other	rolled-up 'sporteye' sunglasses in converted tylenol bottle case					
22	8.0		Other	2 small, short black mini-bungy cords					
22	8.0		Other	Wenger swiss army "Esquire" knife: scissors, blade, nail file/cleaner, toothpick, tweezers"					
19	0.7		Other	Purell hand sanitizer					
16	0.6		Other	hydropel in mini-balm container					
15	0.5		Other	Duct tape (small, flattened)					
15	0.5		Other	Money, drivers license, a credit card in baggie					
15	0.5			lightweight compass black one that has a mini-thermometer on it					
14	0.5		Other	2 "wet ones" singles in a snack ziplock					
13	0.5		Other	Bug headnet					
12	0.4		Other	2 sheets of paper in ziplock with thru-hiker first aid info					
10	0.4		Other	Separate blood clot/absorbtion material in mini-ziplock (in addition to first aid kit)					
10	0.4		Other	mini-ziplock with contact cards (12)					
10	0.4			Tylenol PM 12 tablets (can take either 1 or 2 of these at a time)					
9	0.3		Other	reading glasses (pinch type, fit in credit-card sized case)					
9	0.3		Other	ziplock with a little paper and a small pencil					
9	0.3		Other	LED pinch-type light from PCT kickoff					
7	0.2		Other	spare set of CR 2032 batteries for Petzold light					
7	0.2		Other	Smaller plastic bag to cover shoes at night (rain pools, splatters, etc)					
7	0.2		Other	Small ziplock with a few "2nd skin" patches (2 each of the three sizes)					
6	0.2		Other	P38 type of very light can opener in small plastic ziplock					
6	0.2		Other	superglue in small container					
5	0.2		Other	pen small blue fisher space pen					
5	0.2	0.01	Other	3 safety pins					

												1	T
4	0.1		Other				nack-sized	ziplock (full dose is tw	<u>o tablets ev</u>	ery 4 hours	)		
4	0.1		Other	Silicone toe se									
3	0.1	0.01	Other	Micro-caribee	ner from ba	ackpackinglig	ht.com, bra	ss colored (each, original	inally bough	nt a set of 6)			
3	0.1	0.01	Other	Spare platypu	s cap								
0	0.0	0.00	Other	Sewing needle	e (weighs s	o little it regis	sters as zer	o grams on digital sca	e)				
859	30.3	1.89	Sleeping	20F down sle	eping bag	: Western M	lountainee	ring Ultralite	Replace w	/ 32F WM S	Summerlite	bag at Pear	risburg
435	15.3		Sleeping					riplock carry case and					
400	14.1		Sleeping					sociated harness & cor				nt include ne	et tent)
182	6.4		Sleeping	Oware USA D						ith SMD Ne			
130	4.6		Sleeping	silk sleeping b					Tiopiace W	THE OWN THE		Janobarg	
99	3.5		Sleeping					goes under or over the	Noo Air				
74	2.6												
		0.16	Sleeping	Montbell pillor	w (no carry	sack or paici	n Kit, duai u	se patch kit from infla	abie pad)	A !			
62	2.2	0.14	Sleeping					nd, goes under or over					
61	2.2	0.13	Sleeping				oattern slee	ping pad (dual use as	backpack p	adding)			
43	1.5	0.09	Sleeping	Pee bottle (20									
36	1.3		Sleeping	~Polycro grou									
18	0.6		Sleeping	plastic sack p									
15	0.5	0.03	Sleeping	MSR Ultralite	pack towel	light blue	, 9-3/4" x 9"	~square (use to dry to	ent with)				
3	0.1	0.01	Sleeping	3 pairs of ear	olugs in sma	all ziplock							
90	3.2		Cooking	MLD 850 ml t	itanium pot	with lid							
46	1.6		Cooking				lus cone an	d mesh bag (stove: 15	ja. cone: 24	a. mesh bad	a: 7a)		
40	1.4		Cooking	Quart freezer-						]	j g)		
22	8.0		Cooking	fuel bottle				om carbar					
18	0.6		Cooking	Titanium Spo		Jour pop be	ittio						
17	0.6		Cooking	2 titanium sta		with Caldora	cono syste	m					
9	0.3		Cooking				Cone Syste	111					
				bread bag to									
4	0.1		Cooking	A very light pl									
4	0.1		Cooking	matches lig					l				
4	0.1		Cooking			fly with this, o	obtain in Ge	eorgia before starting t	o hike.				
3	0.1	0.01	Cooking	alcohol measi	uring cup								
7765	274	17.1		<== Total									
Clothes:		5.3	31.2%	Weight by	category								
H20 Storag	je:	0.7	3.8%										
Sleeping:		5.3	31.1%										
Haulage:		1.9	11.3%										
Cooking:		0.6	3.3%										
Electronics		1.5	8.8%										
Other:		1.8	10.4%										
307.		17.1	<====	Base Pack W	/eiaht	This is nack	weight with	n no consumeables (fo	nd water f	uel)			
		17.1	<b>\</b>	Dasc I ack W	Cigiit	THIS IS PACK	worgin with	The consumeables (10	Ju, water, r				
Clothes, e	tc worn	, everyth	ing not ca	rried in backpa	ack:								
Í			grams	ounces									
			<u> </u>		I.	1			1	1	I.	1	I.

									I			T.	1
		rsa Force'	908		2.0								
	ts, REI bra		400		4.1								
	El Mojave		277		9.8	61	oz, or	3.8	pounds	clothes wo	rn		
		at (not OR	42		1.5								
Underwe			59		2.1								
Liner so			30		1.1 ノ								
	Komperd		328		1.6								
	Casio Path	finder)	72		2.5	Other		0.9	pounds	other			
wallet			10		0.4								
data pag	ges in ziplo	ock	8		0.3								
		Total:	2134	7	5.3 <b>4.7</b>	pounds		Skin-c	out weight:	21.8	pounds	(w/o consumeables)	
Skinout	Weight (	no food, f	uel, or wat										
			21.8	pounds									
			w many day	rs?									
	# days of		3										
	Est food p		2	pounds									
	weight of		6	pounds									
		quart ziplo	0.0	pounds	per-day us	e for freezer	bag cooking	g					
	Est water		1.3	liters									
	Weight of			1									
	Est fuel c			fluid oz	~1 oz alco	hol fuel per o	day						
	Weight of	fuel	0.3	pounds									
		vater and											
(consi	umeables)	)	9.2	pounds									
	ack weigh		26.3	pounds	at start of	rip							
(incl fo	od, water	)											
	inout we		31.0	pounds	at start of	rip							
(incl fo	od, water	)											