

## Hill Walking (Day Hiking) Gear List for Scotland

Wettest August on record (summit temps 10-14 C with strong wind and rain)

<b>Basic Pack</b>	<b>gm</b>	<b>oz</b>
REI Stoke 19 Pack (holds hydration bladder) 19 Liter capacity	567	20.0
Platypus 2 liter bladder + simple hydration hose	90	3.2
<b>Navigation in Pack</b>		
Garmin eTrex Venture HC GPS Receiver	160	5.6
Garmin electronic topo maps Scotland (micro-SD card)	0.2	0.0
OS 1:50,000 map	85	3.0
Map Cover/Case	60	2.1
<b>Accessories in Pack</b>		
Petzl e+LITE Headlamp	25	0.9
Waterproof paper and space pen	20	0.7
Boo Boo Kit (first aid)	50	1.8
Cell Phone (GSM with European SIM)	85	3.0
Sunscreen	30	1.1
Knife: Swiss Army Classic (35g - usually not taken)		
DEET	30	1.1
Bug Headnet (ultralight BPL)	9	0.3
TP & Hand cleansing gel	30	1.1
<b>Clothing in Pack</b>		
Patagonia R2 Vest fleece (230g - usually not taken)		
Synthetic fill, BPL Cocoon UL 60 Vest (150g - usually not taken)		
Fingerless fleece gloves (WindBloc)	50	1.8
Outdoor Research Endeavor Mitt (for rain/warmth)	100	3.5
Balaclava - Mountain Hardwear, Power Stretch	38	1.3
Rain pants (Montane eVENT fabric)	230	8.1
Alternate Rain pants GoLite Reed (110g when taken)		
Rain Jacket (Integral Designs eVENT)	270	9.5
	<b>kg</b>	<b>lb</b>
<b>Total Base Pack Weight (less water and food)</b>	<b>1.9</b>	<b>4.2</b>
Water carried - 2 liters	2.0	4.4
Food carried	0.4	0.8
<b>Total Pack Weight</b>	<b>4.3</b>	<b>9.4</b>
<b>Gear Worn or Carried</b>	<b>gm</b>	<b>oz</b>
High Gear Altis wrist computer (titanium)	85	3.0
Sunglasses, Coyote photochromic polarized	25	0.9
Brunton adventure race compass	45	1.6
Whistle	15	0.5
Nylon Convertible Pack/Cargo Pants (REI Sahara)	340	12.0
Briefs (60g usually not taken)		0.0
Shirt: Smartwool micro weight crew	180	6.3
Light Windbreaker (GoLite Either)	54	1.9
Nylon hat (baseball style)	45	1.6
Socks: Smartwool Adrenaline mini Crew	50	1.8
Shoes: Inov8 Terrocs (light trail runners - non-GoreTex)	700	24.7
REI Peak UL Carbon Compact Trekking Poles - Pair	315	11.1
<b>Total - Gear Worn or Carried</b>	<b>1854</b>	<b>65.4</b>
<b>Photography Gear Carried</b>	<b>gm</b>	<b>oz</b>
Lowepro TLX mini camera case	225	7.9
Olympus e420 battery	60	2.1
Olympus e420 with 25mm pancake lens	535	18.9
CF cards (qty 2) with case	37	1.3
GorillaPod SLR version	160	5.6
<b>Total - Photography Gear Carried</b>	<b>1017</b>	<b>35.9</b>
	<b>kg</b>	<b>lb</b>
<b>Total of Above (Base Pack + Worn/Carried + Photography)</b>	<b>7.2</b>	<b>15.7</b>