

SoSHR Southern Sierra High Route - 2014			
Worn/Carried	Item	Weight	Pre-Hike Comments
Active layer shirt	Smarwool LW zip LS shirt	8.0	
Active layer bottoms	Rail Riders X-Treme Adventure Pants	16.0	Lightweight & durable, no velcro!
Underwear	Patagonia briefs	2.0	Dry fast, will rinse/wash most days
Shoes (alternate)	Inov-8 ROCLITE 295 (20oz)	20.0	Lighter, sticky rubber bottom,
Socks	DeFeet Wolleators	1.8	Light, thin, warm, simple, durable; merino wool
Gaiters	Simblissity Levagaiter (1.8 oz)		Prevents debris from entering shoe
Headwear	Sunday Afternoon Adventure hat	2.0	Keep rain, sweat, sun out of eyes; protect scalp from mosquitoes
Watch	Suunto Core (positive display)	2.2	Just works, good battery life
Route recording	Garmin Forerunner 910xt	2.5	For very accurate GPS track and daily pacing
Sunglasses	Rayban sport Rx (polarized)	1.0	
Prescription glasses	Clark Kent glasses		More for use on cloudy trips like AK
Trekking Poles	Black Diamond Alpine Carbon Cork	16.0	Stiff, light, travel-friendly, won't break in talus
TOTAL		71.5	
Other Clothing/Equip	Item	Weight	Pre-Hike Comments
Shell jacket	Rab Pulse, very light 3-layer	7.0	Full featured but very light. Great fit.
Shell pants	GoLite Reed pants (4 oz)		Have survived AK. Need to take shoes off tho :(
Windshell	GoLite Windshirt	5.0	
Mid-layer top	Patagona cap3 LS zip shirt (8oz)		For paddling + daytime when cold & wet
Mid-layer top 2	Patagonia R2 vest	8.0	Goes on every trip I take
Insulated jacket	GoLite Bitterroot Down Jacket	13.5	Warmth Important - water resistant down
Insulated headwear	Mountain Hdw Fleece balaclava	1.2	Warm noggin - using sleeping quilt w/o hood!
Liner gloves	DeFeet Duraglove	2.5	Great liner glove - light, warm, durable
Camp/cooking gloves	REI fingerless windbloc mitts	2.0	chronic cold hands, for dexterity at camp chores
Second hiking socks	DeFeet Wolleators	1.8	Will bring to wash & switch between pairs
Snow/ice travel	Camp XLC 490 crampons (14.2)		Full crampon with front points. Far more versatile than Kahtoolas
TOTAL		51.0	
Packing	Item	Weight	Pre-Hike Comments
Pack	2013 ULA Ohm	32.0	Custom all Robic fabric, no silnylon
Waterproofing for pack	Pack Liner (Gossamer Gear)	1.4	
Food storage - today	Quart-sized freezer bag	0.5	Best size is longer than tall; cheap
Food storage - future	Aloksak OP Sak 12.5" x 20"	1.0	Add'l protection against "mini bears"
Bear canister	Bearikade	31.0	Lightest available
Stuff sacks	For sleeping bag, pot, accessories, group i	2.0	Keep things organized, clean, protected
Map sleeve	Quart-sized freezer bag	0.5	Best size is taller than wider; cheap
Eyewear case	Nylon case + Ziplock bag	0.4	
TOTAL		68.8	
Sleeping & Shelter	Item	Weight	Pre-Hike Comments
Bag or quilt	Hammock Gear Burrow TopQuilt +30	14.9	Water resistant down (+40 with 2 oz over fill)
Pad or under quilt	T-Rest NeoAir X-lite Womens	12.1	Perfect size for me. Warm. Super comfortable!
	T-rest patch kit		
Bivy	MLD Superlight Bivy	7.0	Perfect combo with tarp and quilt. Will cowboy camp if no rain
Rainfly or tarp	Cuben tarp - MLD Grace Duo	8.0	Don and I will share. Will only use if rain and/or strong wind
Stakes	6 MSRminiGroundhog (2oz) + 2Al Y (1oz)	3.0	Much better holding power than skewers
Guylines	20 ft of 3mm cord - orange at head	1.5	To secure tarp
TOTAL		46.5	
Hydration & Cooking	Item	Weight	Pre-Hike Comments
Bottles	Platypus SoftBottle 2L	1.2	For collect treating water in camp - dry camps
Bottles	Sawyer 1L bottle	1.0	For use during the day
Purification	Sawyer filter (3.0)	3.0	To drink on the spot - reduce water carry
Purification	CIO2 tablets	0.5	For treating 2L bladder at night
Stove	Zelph StarLyte Burner	0.6	No need for tent stakes - as efficient as 12-10
Wind screen	TD Sidewinder Caldera cone (1.3)	1.3	This & TD Caldera most efficient stove on market
Fuel measuring	Medicine cup (graduated)	0.0	Conserve fuel by accurate measurement
Cookpot	Vargo 900 ml titanium pot (4.0)	4.0	Wide-and-short pot best for stove
Eating bowl or pot	Ziplock 14 oz bowl (0.6 oz)		
Hot drink container	MLD Ti mug	1.4	Breakfast & coffee at same time
Pot grabber	4 x pot grabbers (shared)		use gloves
Fuel container	8oz Boston round bottle with spout (1.0)	1.0	1 oz ETOH/day. Spout for accurate dispensing
Utensil	Lexan spoon with big shovel	0.3	Cut handle in half to fit in pot
Ignition	20-count book of matches	0.2	usually easier than lighter. use lighter for backup
TOTAL		14.5	
Small Essentials	Item	Weight	Pre-Hike Comments
MAPS	11X17 Custom Maps in ZipLock	2.0	
Satellite Tracker	SPOT Gen3	4.8	
Satellite Comm.	Iridium GO! moblie access unit	10.7	phone, text, email from iPhones. Send messages with our location
Camera	Sony a6000 w16-50mm & spare batt	18.8	Smallest lightest 24mp APC camera with interchangeable lenses
Camera	Sony 35mm f/2.8 Art Lens w case	6.3	Fast, superb resolution normal lens OSS. Use dawn & dusk.
Camera	Pedco ultra-pod II (small folding tripod)	4.0	For small mirrorless cameras w interchangeable lenses, e.g. u4/3
GPS & communications	iPhone 5 + case	5.1	
Electronics charging	USB cable for Charging Garmin 910XT	1.7	
Electronics charging	PowerGen 5200mAh Batt 4.3 + cable .6	5.0	both batt's needed for iPhone (Garmin 910xt may need daily charg
Electronics charging	Jackery "lipstick" batt + cable 3.0	2.5	both batt's needed for iPhone (Garmin 910xt may need daily charg

Electronics charging	Spare batts for SPOT	1.0	(4) Lithium AAA
Optics	Monocular	2.0	Routefinding, rapid scouting, wildlife observation
	20' 7mm haul rope		to possibly haul packs on class 3/4 sections
Writing instrument	Fischer space pen (micro size)	0.2	To mark up maps, take notes about trip
Toothbrush	Standard toothbrush	0.4	smaller size but full handle
Toothpaste	Toothpaste dots	0.5	silly but they work
Toilet paper	Premium quality - 4 tiles per day	1.0	TP only for polish, use found materials first
Hand soap or sanitizer	Dr. Bronners	0.5	Dr. Bronner's plays double-duty
Sunscreen	small plastic tube about 1/2 full	0.5	just for face & hads: most of body covered—large hat
Lip balm	Bert's Bees or similar	0.2	Minimal wt for dedicated lip balm
First Aid Kit	Meds, foot care, gear repair	3.0	See detailed list at bottom
Medications	See detail of first Aid Kit below		
Headnet	Peter's Headnet, mosquito mesh 0.5		late season, and dry at that, but may still need
Insect repellent	Sawyer Maxi-DEET Spray 0.5		Convenient size; effective
Foot care kit	Bonnie's Balm in small balm jar	0.5	In case of wet feet. Never get blisters.
Compass	Suunto M-3D Locator Compass (1.6)		Lightest compass with declination adjustment
Compass	Brunton Adventure Race compass (1.7)		My favorite compass - very easy to use
Knife	Gerber LST Knife 2.6" blade (1.2oz)		Cut bread and salami - extremely light for size
Knife	LadyBug Folding Knife (2" blade) (0.6)		about the smallest functional kife
Scissors	Wescott blunt tip school scissors	0.9	More useful than knife - OK for plane carryon
Firestarter	Bic Mini Lighter + trash	0.2	Candy bar wrappers are great fire starter
Light	Fenix LOD2 w spare battery	1.0	Best mini light available, attach to hat brim with clip
Wallet w/ID, cash, CC	Nylon zippered pouch	0.2	More secure on me than left in car
	TOTAL	73.0	
TOTALS POUNDS		(lbs)	
	(A) ITEMS ALWAYS WORN OR CARRIED, OR NOT IN PACK	4.5	
	(B) ITEMS SOMETIMES WORN OR CARRIED, OR ALWAYS PACKED	15.9	bear canister + lots of electroinics/photo gear to document trip
	(B) + (C) = PACKWEIGHT MINUS FOOD & WATER	20.3	
	(A) + (B) + (C) = FULL OUT-OF-SKIN WEIGHT	20.3	
	Food	10.8	
	Fuel (.8ozWt per 1.0ozFluid)	0.3	
	Total Pack Weight	26.9	
First Aid Kit	Painkiller	0.5	
	Naprosin	0.5	
	Gauze + Leukotape Tape	0.2	
	Big Band-Aid pack + gel blister covers	0.6	
	Anti bact packets + wound wipes	0.7	
	Benadryl (6) + Sudafed (6) + caffeine (4)	0.3	
	Bag Poly 5x8 to house 1st Aid Kit	0.2	
		3.0	