

| ALASKA Early July 2013 | | | |
|------------------------|---|-------------|---|
| Worn/Carried | Item | Weight | Pre-Hike Comments |
| Active layer shirt | Columbia InsectBlocker Long Sleeve Shirt | 8.3 | Keep bugs off, works as a windshirt |
| Active layer bottoms | Rail Riders Weatherpants w Insect Shield | 14.5 | Lightweight & durable, could have more pockets |
| Underwear | Patagonia briefs | 2.0 | Dry fast, will rinse/wash most days |
| Shoes | Inov-8 Terroc 330 | 11.4 | Proven fit, durable, not too heavy, low heel rise |
| Socks | DeFeet Wolleators | 1.8 | Light, thin, warm, simple, durable; merino wool |
| Gaiters | Simblissity Levagaiter | 1.8 | Prevents debris from entering shoe |
| Headwear | Sunday Afternoon Adventure hat (short) | 2.0 | Keep rain, sweat, sun out of eyes; protect scalp |
| Watch | HighGear Ti Altis (compass/atimeter/watch) | 2.5 | Just works, good battery life |
| Prescription glasses | Clark Kent glasses | 1.0 | |
| Bear Protection | Bear Spray (7.9oz size) | 11.0 | |
| Trekking Poles | Black Diamond Alpine Carbon Cork | 16.0 | Stiff, light, travel-friendly |
| TOTAL | | 72.3 | |
| Other Clothing | 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 | 4.0 | Have survived AK. Need to take shoes off tho :(|
| Mid-layer top | Patagona cap3 LS zip shirt | 8.0 | For paddling + daytime when cold & wet |
| Mid-layer top 2 | Patagonia R2 vest | 8.0 | Goes on every trip I take |
| Insulated jacket | BPL Cocoon Hoodie | 9.0 | Synthetic fill, hooded |
| Insulated pants | BPL Cocoon Pants (7.0) | | may want synthetic fill for wet Wx |
| 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 |
| Shell mitts/gloves | Outdoor Research Endeavor Mitts | 3.5 | Waterproof/breathable -- out of production :(|
| | Manzella Silkweight WindStopper Gloves | | may bring for hand-skeeter protection |
| Second hiking socks | DeFeet Wolleators | 1.8 | Will bring to wash & switch between pairs |
| Sleeping top | Patagonia long-sleeve Cap 2 shirt | | Could arrive in camp wet |
| Sleeping bottoms | GoLite thin synthetic tights (3.9 oz) | 3.9 | Will sleep much better in dry clothes |
| TOTAL | | 50.9 | |
| Packing | Item | Weight | Pre-Hike Comments |
| Pack | 2010 ULA Epic pack w/o drybag | 35.0 | Easily strap boat & paddles to outside |
| Pack liner | SealLine Mil-Spec ILBE Pack Liner | 13.0 | Bombproof, fully waterproof. AK tested :-) |
| 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 | - | 0.0 | Not required, therefore, no take |
| Stuff sacks | For sleeping bag, pot, accessories, group items | 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 | | 52.4 | |
| Sleeping & Shelter | Item | Weight | Pre-Hike Comments |
| Bag or quilt | MLD Spirit Quilt 28 Degree | 21.0 | Synthetic better bet for AK |

| | | | |
|--------------------------------|---|---------------|---|
| Pad or under quilt | T-Rest NeoAir X-lite Womens | 12.1 | Perfect size for me. Warm. Super comfortable! |
| Pad inflation | - | 0.0 | use lungs |
| Rainfly or tarp | Tarptent Rainshadow 2 (share w Alison) | 21.5 | Integrated pro against rain, bugs, ground water |
| Nest or bivy | included with Rainshadow | 0.0 | need to seam seal shelter (not doing) |
| Ground cloth | included with Rainshadow | 0.0 | |
| Stakes | Aluminum Y-stakes (5 at .5-oz each; shared) | 2.5 | Much better holding power than skewers |
| Guylines | 20 ft of 3mm cord 1.0 oz | | To secure tarp |
| TOTAL | | 57.1 | |
| Hydration & Cooking | Item | Weight | Pre-Hike Comments |
| Bottles | Platypus SoftBottle (2x) | 1.8 | Water everywhere. Use 1 during day, both for c |
| Purification | Aqua Mira (shared) | 0.0 | Will never use |
| Stove | Trail Designs (TD) 12-10 Alcohol Stove | 0.6 | This & TD Caldera most efficient stove on marke |
| Wind screen | TD Sidewinder Caldera cone (windscreen) | 1.3 | This & TD Caldera most efficient stove on marke |
| Fuel measuring | Medicine cup (graduated) | 0.0 | Conserve fuel by accurate measurement |
| Cookpot | Vargo 900 ml titanium pot (no handles) | 4.0 | Wide-and-short pot best for stove |
| Eating bowl or pot | - | 0.0 | Eat out of pot |
| Hot drink container | MLD Ti mug | 1.4 | Breakfast & coffee at same time |
| Fuel container | 8oz + 4oz Boston round bottle with spout | 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 | | 10.6 | |
| Small Essentials | Item | Weight | Pre-Hike Comments |
| MAPS | 11X17 Custom Maps w H2O-proof case | 2.0 | |
| Camera | Canon S100 | 7.0 | Balance of wt, size, image quality, 1080p HD |
| iPhone + spare batt | shared | 8.0 | |
| Sat Phone + spare batt | shared | 12.0 | |
| SPOT 2 | shared | 4.8 | |
| Spare batts for SPOT | shared | 1.0 | |
| Optics | Monocular | 2.0 | Routefinding, rapid scouting, wildlife observatio |
| Writing instrument | Fischer space pen (micro size) | 0.2 | To mark up maps, take notes about trip |
| Toothbrush | Standard toothbrush | 0.4 | Cut handle in half for packability |
| 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 | - | 0.0 | Unnecessary due to low sun angle & weather |
| 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 |
| Anti-chafing | | | chafing not a problem for me |
| Medications | See detail of first Aid Kit below | | |
| Headnet | Peter's Headnet, mosquito mesh | 0.5 | Expecting to use often |
| 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 | Nice Compass - first time to use |
| Compass | Brunton Adventure Race compass (1.7) | | My favorite compass - very easy to use |
| Knife | Gerber LST Knife 2.6" blade (1.2oz) | 1.2 | Cut bread and salami - extremely light for size |
| 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 | not needed | 0.0 | We'll have 24 hours of daylight |
| Wallet w/ID, cash, CC | Nylon zippered pouch | 0.2 | More secure on me than left in car |
| TOTAL | | 46.2 | |
| Packraft | Item | Weight | |
| Raft | Alpacka Alpaca, Yukon Yak, w Spraydeck | 92.0 | |
| Spray skirt | Alpacka Spray Deck (included) | | |
| Seat | Alpacka Seat (included) | | |
| Paddle | Epic sig-hybrid paddle 2-pc | 27.0 | |
| Inflation | Inflation bags (shared) | 1.5 | |
| Pogies | From Poland | 1.8 | keep splash & wind off hands - good shaft grip |
| PFD (not! USCG appr'd | MLD MoPacka | 4.0 | Personal risk. No office approval for any use! |
| Platys for MoPackaka | combo of 1 L, 2 L and 2.4 L Playts | 4.0 | |
| Pack straps | 2 x 60-in straps with ladder-loc buckle | 1.5 | |
| Stern grab line | 4' of 2.5mm p-cord | 0.1 | |
| Nozzle leash | 18" of 2.5mm p-cord | 0.1 | |
| TOTAL | | 132.0 | |
| TOTALS POUNDS | | (lbs) | |
| (A) ITEMS ALWAYS WORN OR CARRIED, OR NOT IN PACK | | 4.5 | |
| (B) ITEMS SOMETIMES WORN OR CARRIED, OR ALWAYS PACKED, | | 13.6 | |
| (C) PACKRAFT | | 8.3 | |
| (B) + (C) = PACKWEIGHT MINUS FOOD & WATER | | 21.8 | |
| (A) + (B) + (C) = FULL OUT-OF-SKIN WEIGHT | | 30.1 | |
| (B) + (C) + 10 lb food = PACKWEIGHT TOTAL | | 31.8 | |
| 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 | |