

Doug Johnson's Gear List Spring / Summer 07- SUL Sub-4 Washington Cascades					
Clothing Worn While Hiking			41.2	WEIGHT	
FUNCTION	STYLE/Rationale	EXAMPLE		Ounces	Grams
hiking shirt	long sleeved- sun	Golite Lite-Weight L/S top		4.5	128
windshirt	wind, sprinkle, bug protection	Montbell Windshirt		2.6	74
shorts	running shorts w/ liner	Brooks running shorts		3.4	96
hiking socks	thin merino wool blend	SmartWool Adrenaline socks		1.8	51
hiking shoes	lightweight, dry fast	Golite Sun Dragon- size 11/11.5		28.9	819
Other Items Worn or Carried			9.5		
FUNCTION	STYLE/Rationale	EXAMPLE			
trekking poles	light, carbon fiber for stiffness & comfort	Bozeman Mountain Works Stix Pro- 125cm		6.2	176
whistle and LED backup light on neck	easily accesible, attaches to hat	Photon Micro LED, ACR whistle, spectra		0.5	14
sunglasses	worn full time- summer	Native Hardtop- yellow lens		0.8	23
watch	multipurpose, altimeter, compass	Suunto X6		2.0	57
Other Clothing			22.9		
FUNCTION	STYLE/Rationale	EXAMPLE			
insulating top	warmth at night, cold sleeping	Bozeman Mountain Works Cocoon pullover		9.0	255
insulating bottoms	warmth at night, cold sleeping	Bozeman Mountain Works Cocoon UL 60 pants		7.3	207
windpants	wind, sprinkle, bug protection	Montbell UL wind pants		2.5	71
warm hat	warmth at night, cold sleeping	Bozemen Mountain Works Cocoon Pro 90 balaclava		2.4	68
rain or sun hat	rain hat only	none- use poncho hood		0.0	0
extra socks	for sleeping, used for gloves in cold	Possomdown socks- large		1.7	48
Shelter and Sleep System			24.6		
FUNCTION	STYLE/Rationale	EXAMPLE			
shelter	poncho/tarp	Mountain Laurel Designs Spectralite poncho		3.8	108
tent stakes	carbon fiber skewer stakes	Titanium Goat 6" carbon fiber tent stakes (5)		1.0	28
guylines	lightest, enough for tarp	Bozeman Mountain Works Aircore 1 spectra		0.1	3
ground sheet/bivy sack	for windy/cold conditions	Mountain Laurel Designs Litesoul- long, wide		4.7	133
sleeping bag	synthetic top bag, summer temp	Bozemand Mountain Works Cocoon UL 60 Quilt		11.0	312
sleeping pad	colder- warmer than Thinlight	Gossamer Gear Nightlight- torso length		3.7	105
mosquito netting	For use in camp/sleeping	BPL Ultralight Headnet		0.3	9
Packing			4.0		
FUNCTION	STYLE/Rationale	EXAMPLE			
backpack	small volume, frameless	Mountain Laurel Designs Revelation (Spectralite)		3.2	91
waterproof pack liner	keep bag, clothing dry	Glad ForceFlex garbage bag		0.8	23
Cooking and Water			2.0		
FUNCTION	STYLE/Rationale	EXAMPLE			
stove	none	no stove- cookless Mountain House for dinners		0.0	0
fuel container	none			0.0	0
cookpot	none			0.0	0
wind screen	none			0.0	0
utensil	none			0.0	0
ignite fuel	none			0.0	0
water bottles	2 bottles- 1-water, 1-sports drinks	1 L Platypus with sport cap, lg. disposable		1.7	48
food storage	simple stuff sack (not bear country)	BMW Spinsack NANO- medium		0.3	9
Other Essentials			5.1		
FUNCTION	STYLE/Rationale	EXAMPLE			
headlamp	long night hikes = bright headlamp	Petzl e+LITE (w/2 spare CR 2032 batteries)		1.2	34
camera	digital, small	Pentax Optio S4 w/ 2GB card		4.1	116
map	custom topo	Topo program, waterproof Adventure paper, dbl sided		0.4	11
personal hygiene	toilet kit	micro bottle purell w/tp in ziplock		0.2	6
bug protection	for use on the trail when needed	BMW MicroDrop Dropper with 95% DEET		0.1	3
dental hygiene	simple toothbrush	Oral B Brush-Ups (2)		0.1	3
sunscreen	SPF 30 lip balm (used for sunscreen)	Oralabs mini sunscreen lip balm		0.2	6
first aid / survival	blister kit, drugs, wound care	blister stuff, bandages, drugs in zip lock		2.0	57
firestarting	emergency firestarting	Spark-lite firestarter, 3 tabs, 3 REI torch matches	in first aid		n/a
knife	for first aid, misc.	Gerber Microlight LST		0.3	9
music	Creative Muvo w/ lith. battery, earbuds	.8 + .5 = 1.3 (17 hrs music, 19 hrs playback)		1.5	43
ditty stuff sack	for essentials	Golite Spinsack- small		0.3	9
Consumables (3-Day Trip)			113.2		
FUNCTION	STYLE/Rationale	EXAMPLE			
fuel	none	n/a		0.0	0
food	3 long days	32 oz (2.0 lbs) per day x 3 days		96.0	2722
water	average carried- 16oz (non-desert)	16 oz (.45L)		16.0	454
water treatment	Katadyn Micropur	3 days- 30L (very conservative)		0.6	17
toilet paper	natural first, tp 2nd- 12 squares/day	0.21 oz per day x 3 days		0.6	17
Weight Summary				Pounds	Kilograms
(1) Total Worn or Carried While Hiking		3.17		1.4	
(2) Total Base Weight in Pack		3.99		1.8	
(3) Total Weight of Consumables		7.08		3.2	
(4) Full Skin-Out Base Weight (1) + (2)		7.16		3.3	
(5) Total Initial Pack Weight (2) + (3)		11.07		5.0	
(6) Full Skin-Out Weight (1) + (2) + (3)		14.24		6.5	