

ON THE BOD

Hiking Shoes (New Balance – 809)
1 Pair Socks (Smartwool)
Nylon Longsleeve Shirt w/Crewneck Zipper
Runner's Shorts
Sun Hat
Bandana
Wrist-top Computer (Suunto – Vector)
Hiking Poles (Komperdell – C3 Airshock)

THE PACK

CORE

Backpack (GoLite – Jampack)
Sil-poncho (Integral Designs)
50ft. Nylon Cordage (cut in pieces)
Ti Stakes x 7
Lightweight Bivy (Outdoor Research)
Sleeping Bag (Integral Designs – Primaliner)
Sleeping Pad (RidgeRest – Customized to fit pack)
GoLite Dome Umbrella

EXTRA CLOTHES

Gloves (Seal Skinz)
Warm Hat (Knitted Sherpa Hat)
Hot Socks (Integral Designs)
Long Underwear (Smartwool – Lightweight Fleece)
Wind Shirt (GoLite – Wisp)
Down Coat (Western Mountaineering – Flight Jacket)

HOUSEKEEPING/KITCHEN

Ti Spork/Ti-Chopsticks
Alcohol Stove (MoGo Gear – Firefly)
Extra Fuel (in Platypus – Little Nipper)
Butane Lighter (Windmill Delta)
Water Bladders (Platypus – 1.5 Liter)
Water Purifier (Aqua Mira)
Towel (MSR – Compact)
T.P. w/Shovel (Montbell – Ultralight Shovel)

SURVIVAL

First Aid Kit
Signal Mirror
Matches and Fire Starter
Whistle
Back-up Water Tablets & ZIP-Lock Baggies for H₂O
Extra Batteries
Flashlight (Photon Freedom – Microlight)

OPTIONAL

Digital Camera (Canon ELPH) W/extra batteries
Radio
Art Supplies (qwill, ink, notebook, brush, watercolors)
DAT W/extra batteries and tape
Games (kite, frisby, cards, boomerang)
Bear-resistant container (Ursack)

GRUB

Dried Miso Soup & Wakame
Fruit Leather
Turkey Jerky
Cliff Bars
Mints
Dried Foods