

2008 Winds - Yellowstone Trek Gearlist

Details: Gearlist for a trek starting at the southern terminus of the Wind River Range (South Pass), following the Continental divide trail through the Wind river and Grand Teton mountain ranges, ending at Old Faithful geyser in Yellowstone National park. Resupply strategy: Alpine Style (no resupply). Starting Pack weight (~40lbs.)
Start Date: August 3rd, 2008. **Expected length:** 12days. miles per day: 20-25. **Total Mileage:** 267 miles. **Completed on:**

Ryan's Gearlist	Packed	Worn/ Carried	York's Gearlist	Packed	Worn/ Carried
Clothing worn and items carried	(oz)	(oz)	Clothing worn and items carried	(oz)	(oz)
Golite C-thru lightweight LS zip top		4.5			
Dri-fit Race Day Running shorts		3.3			
Salomon XA pro 3D running shoes		28.2			
Defeet Wool-E-ator socks		1.8			
Headsweats super visor		1.6			
cheap sunglasses		0.8			
Sunto X6 Altimeter/Barometer/Compass watch		1.9			
Gossamer gear light trek 3 trekking poles 125cm		5.2			
TOTAL		47.3	TOTAL	0	0
Other Clothing	(oz)	(oz)	Other Clothing	(oz)	(oz)
Golite wisp wind shirt	2.8				
Golite whim wind pants	3.6				
Montbell alpine light down jacket	11.6				
Defeet Wool-E-ator socks (extra pair)	1.8				
Black Diamond power stretch gloves	1.7				
mountain laurel designs eVENT rain mitts	0.9				
Headsweats Warm cap	1.6				
TOTAL	24.0		TOTAL	0	
Sleeping and Shleter	(oz)	(oz)	Sleeping and Shleter	(oz)	(oz)
Golite Poncho-tarp	10.3				
Ti goat bivy with bug netting	7.2				
Backpackinglight Hi vis Ti stakes (7)	1.6				
Backpackinglight Aircore2 spectra quylines	0.3				
sil-nylon stake bag	0.1				
Nunatak Arc Ghost sleeping quilt	16.4				
Ridgerest pad cut to torso size	4.9				
TOTAL	40.8		TOTAL	0	
Packing	(oz)	(oz)	Packing	(oz)	(oz)
Golite Jam pack	19.8				
outdoor research helium zip sack #2 (essentials & misc.)	0.9				
outdoor research helium ditty bag sm. (cooking gear)	0.4				
outdoor research helium quick sack #1 (clothing)	0.6				
outdoor research helium quick sack #2 (sleeping bag)	0.8				
outdoor research helium quick sack #5 (food bag)	1.4				
backpackinglight pack liner	1.5				
TOTAL	25.4		TOTAL	0	
Cooking and Hydration	(oz)	(oz)	Cooking and Hydration	(oz)	(oz)
supercat alcohol stove	0.3				
oven liner windscreen	0.2				
12oz fuel bottle	0.9				
Snow peak 28oz. Ti mug and lid	3.6				
Snowpeak Ti spoon (modified)	0.3				
32 count matchbook and mini bic lighter	0.5				
Platypus 1L water bottles (x2)	1.8				
40' dyneema rope & mini caribener (for bear bagging)	1.1				
TOTAL	8.7		TOTAL	0	
First Aid & Repair	(oz)	(oz)	First Aid & Repair	(oz)	(oz)
First aid (minor wound care/meds)	1.0				
Footcare (2ft. Leukotape/ tincture of benzoin ampules)	0.5				
Repair(3ft. Duct tape/superglue/assorted needle and thread)	0.8				
.25oz balm jar for sportslick	0.1				
.25oz balm jar for hydropel	0.1				
.25oz balm jar for Dermatone	0.1				
TOTAL	2.6		TOTAL	0	
Toiletries	(oz)	(oz)	Toiletries	(oz)	(oz)
Finger brush	0.1				
1oz drop bottle for Dr. bronners	0.4				
5"x4" aloksack for TP	0.2				
micro ziploc bag for baby wipes	0.1				
9"x10" packtowl ultralight	0.2				
TOTAL	1.0		TOTAL	0	
Recording & Navigation	(oz)	(oz)	Recording & Navigation	(oz)	(oz)
Canon SD850 8MP (35-140mm) w/ battery and 4MP SD card	7.4				
Granite gear zippered air pocket (camera,money,ID,&permits)	0.5				
Staples Xeno retractable ball point pen (for note taking)	0.2				
Aloksack 9"x10" for maps/ guidebook pages/ nav. Materials	0.5				
silva basic compass	0.8				
TOTAL	9.4		TOTAL	0	
Other essentials	(oz)	(oz)	Other essentials	(oz)	(oz)
bozeman mountain works heatnet	0.3				
small bottle of DEET	0.2				
lanyard (whistle, photon light, mini swiss knife)	1.3				
petzl tkka plus eadlamp	2.3				
Fire starting(Esbit,wet fire tinder,trick candles,storm matches)	0.9				
Bear spray	10.7				
TOTAL	15.7		TOTAL	0	
Totals	(oz)	(lbs)	Totals	(oz)	(lbs)
Items worn or carried	47.3	3.0	Items worn or carried	0	0
Base Pack Weight	127.6	8.0	Base Pack Weight	0	0

Consumables & Other not included in base pack weight			Consumables & Other not included in base pack weight		
Items	(oz)	(oz)	Items	(oz)	(oz)
Aqua mira (chlorine dioxide) water purification tablets (50x)	1.2				
HEET (denatured alcohol) (12oz)	11				
sportslick (.25oz)	0.4				
Hydropel (.25oz)	0.4				
Dermatone (.25oz)	0.4				
Dr. bronners soap (1oz)	1.1				
Toilet paper tiles (30x)	0.3				
baby wipes (15x)	1.4				
Focus Daily wear contact lenses (15pair)	2.3				
Maps and guidebook pages	5.4				
spare AAA lithium bateries (3x)	0.6				
Deet (.25oz)	0.3				
Totals			Totals		
Consumables & Other	24.8		Consumables & Other	0	
Food			Food		
Electrolyte and vitamin suplements	(cal)	(oz)	Electrolyte and vitamin suplements	(cal)	(oz)
1 liter nuun active hydration (electrolyte suplement)	10	0.40			
Centrum Performance (multivitamin)	0	0.10			
2 pieces spearmint gum	10	0.20			
Totals	20	0.70	Totals	0	0
Breakfast	(cal)	(oz)	Breakfast	(cal)	(oz)
Balance bar original	210	1.76			
Pro bar	370	2.60			
deluxe mixed nuts	255	1.50			
Meal Totals	835	5.86	Meal Totals	0	0
Snack 1	(cal)	(oz)	Snack 1	(cal)	(oz)
Natures valley sweet n' salty	150	1.23			
kellogs fruity snacks	220	2.40			
Snack 2	(cal)	(oz)	Snack 2	(cal)	(oz)
powerbar performance bar	230	2.20			
2 slim jims	100	0.56			
Snack 3	(cal)	(oz)	Snack 3	(cal)	(oz)
Balance bar gold bar	210	1.76			
Snickers bar	270	2.00			
Snack 4	(cal)	(oz)	Snack 4	(cal)	(oz)
powerbar harvest bar	250	2.30			
2 GU sports gel	220	2.20			
Snack 5	(cal)	(oz)	Snack 5	(cal)	(oz)
pringles	450	3.00			
Snack 6	(cal)	(oz)	Snack 6	(cal)	(oz)
5 oreoes double stuff	350	2.30			
Meal Totals	2450	19.95	Meal Totals	0	0
One of these dinners	(cal)	(oz)	One of these dinners	(cal)	(oz)
Flavored cous cous	600	5.8		600	5.8
Angel hair pasta	800	8		800	8
Dehydrated meal	700	5.4		700	5.4
One of these desserts	(cal)	(oz)	One of these desserts	(cal)	(oz)
King size Snickers bar	510	3.5		510	3.5
King size Hershey bar	400	2.6		400	2.6
Meal Totals	1155	9.45	Meal Totals	1155	9.45
Totals	(cal)	(oz)	Totals	(cal)	(oz)
Day Totals	4460	35.96	Day Totals	1155	9.45
Trip Totals	53520	431.52	Trip Totals	13860	113.4
TOTALS	(oz)	(lbs)	TOTALS	(oz)	(lbs)
Pack and all Pack contents	583.9	36.5	Pack and all Pack contents	113.4	7.0875
Full skin out weght	631.2	39.5	Full skin out weght	113.4	7.0875