

# Overnight Backpack List

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<b>2</b>	<b>Days</b>
<b>19.4</b>	<b>lb. Pack</b>
<b>6.3</b>	<b>Pack &amp; Bag</b>
3.00	Frame Pack w/ Padded Hip Belt
0.21	42 gal Trash Bag
0.55	Closed Cell Foam Sleeping Pad (RidgeRest)
2.50	Mummy Sleeping Bag 30°
<b>3.6</b>	<b>Outside Pockets</b>
2.30	(2) 1 Liter Gatorade Bottles (1 Full)
0.05	Knife (Swiss Classic)
0.10	Lighter & Matches
0.01	Whistle
0.20	First Aid Kit (Band-aids, Neosporin, Moleskin, ...)
0.05	Map & Compass
0.18	Bug Repellent
0.05	Bug Net
0.15	TP
0.10	Sunscreen (Bug & Sun) 1 oz.
0.02	Chapstick
0.17	Headlamp (Petzl Tikka Plus) w/ new batteries
0.10	Toothbrush & Toothpaste
0.13	40 ft Parachute cord (Clothes Line)
<b>2.0</b>	<b>Food (1.5 lb/day)</b>
0.15	Cup-Large
0.05	Spoon
	Bear Can & ZipLock Trash Bag
0.30	Breakfast - Oatmeal, Hot Coco
0.50	Lunch - Granola Bar, Trail Mix, Dried Fruit, Jerky
0.50	Dinner- Dehydrated Dinner,Soup, Ramen, Cider
	Gatorade Powder
<b>0.00</b>	<b>Optional</b>
	Camera & Batteries
	GPS & Batteries
	Cards
	Book
1.00	Thermal Top & Bottom

<b>0.0</b>	<b>Clothing - Wear</b>
	Socks (Inner & Outer)
	Underwear
	T-shirt
	Shorts / Pants
	Hiking Boots OR Shoes
	Booney Hat
	Sunglasses
	Hiking Poles
	Scree Gators
<b>3.2</b>	<b>Clothing - Pack</b>
0.30	Socks (Inner & Outer)
	Underwear
	T-shirt
	Bug Shirt (Long Sleeve)
1.00	Fleece Jacket
1.00	Rain Jacket w/ Hood or Wind Jacket & Poncho
0.50	Nylon Wind Pants
0.20	Fleece Hat or Balaclava
0.20	Gloves
	Swim Suit
	Pack Towel
<b>8.7</b>	<b>Group Gear / 2</b>
4.00	Tent & Ground Cloth
2.40	Bear Can & ZipLock Trash Bag
0.19	Stove, Windscreen, Lighter, Matches
0.43	Fuel
0.37	Pot (1 Liter)
	Pot Gripper
0.05	Measuring Cup
	Scrubber
0.15	Campsuds
0.20	Dish Towel
0.80	Water Filter
0.15	Small Shovel