

50-Miler Backpack List

www.DaveAndCarin.com 3/2012

6 Days
30.6 lb. Pack

8.1 Pack & Bag

4.00 Frame Pack w/ Padded Hip Belt
0.21 42 gal Trash Bag
0.88 Closed Cell Foam Sleeping Pad (RidgeRest)
3.00 Mummy Sleeping Bag 30°

3.7 Outside Pockets

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, ...)
Map & Compass
0.18 Bug Repellent
0.05 Bug Net
0.30 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)

9.6 Food (1.5 lb/day)

0.17 Cup-Large
0.02 Spoon
2.40 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

0.00 Optional

Camera & Batteries
GPS & Batteries
Cards
Book
Thermal Top & Bottom

0.0 Clothing - Wear

Socks (Inner & Outer)
Underwear
T-shirt
Shorts / Pants
Hiking Boots OR Shoes
Booney Hat
Sunglasses
Hiking Poles
Scree Gators

4.4 Clothing - Pack

0.30 Socks (Inner & Outer)
0.20 Underwear
0.50 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
0.25 Swim Suit
0.25 Pack Towel

9.5 Group Gear / 2

4.00 Tent & Ground Cloth

0.87 Stove, Windscreen, Lighter, Matches
2.72 Fuel (2-22 oz. Fuel Bottles)
0.63 Pot (2 Liter)
0.10 Pot Gripper
0.05 Measuring Cup
Scrubber
0.10 Campsuds
0.20 Dish Towel
0.70 Water Filter
0.15 Small Shovel