

Whitney Day Hike

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13.4 lb. Pack

2.2 Pack & Bag

- 2.00 Frame Pack w/ Padded Hip Belt
- 0.15 30 gal Trash Bag

1.7 Outside Pockets

- 0.20 First Aid Kit (Band-aids, Neosporin, Moleskin, ...)
- 0.05 Knife (Swiss Classic)
- 0.18 Headlamp (Fenix HM50R)
- 0.05 Map & Compass
- 0.10 Sunscreen (1 oz)
- 0.02 Chapstick
- 0.18 Bug Repellent (1 oz)
- 0.05 Bug Net
- 0.15 TP
- 0.50 iPhone
- 0.20 SOL Heatsheats Bivy
- 0.01 Whistle
- 0.04 Signal Mirror

4.1 Food & Water

- 2.20 Water (1 Liter)
- 0.33 (3) 1 Liter Gatorade Bottles (1 Full)
- 0.10 Propel Powder
- 1.50 Lunch - Granola Bar, Trail Mix, Dried Fruit, Jerky

0.0 Clothing - Wear

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

5.4 Clothing - Pack

- 0.15 Socks (SmartWool PhD, Darn Tough)
- 1.00 Thermal Top & Bottom
- 1.00 Fleece Jacket
- 1.00 Down Jacket
- 1.00 Rain Jacket w/ Hood
- 0.75 Rain Pants
- 0.20 Fleece Hat
- 0.10 Balaclava or face mask
- 0.20 Gloves