

Whitney Day Hike

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11.3 lb. Pack

2.2 Pack & Bag

- 2.00 Frame Pack w/ Padded Hip Belt
- 0.21 42 gal Trash Bag

1.4 Outside Pockets

- 0.20 First Aid Kit (Band-aids, Neosporin, Moleskin, ...)
- 0.05 Knife (Swiss Classic)
- 0.17 Headlamp (Petzl Tikka Plus) w/ new batteries
- 0.05 Map & Compass
- 0.10 Sunscreen (Bug & Sun) 1 oz.
- 0.02 Chapstick
- 0.18 Bug Repellent
- 0.05 Bug Net
- 0.15 TP
- 0.40 Camera & Batteries

3.5 Food & Water

- 2.20 Water (1 Liter)
- 0.22 (2) 1 Liter Gatorade Bottles (1 Full)
- 0.05 Propel Powder
- 1.00 Lunch - Granola Bar, Trail Mix, Dried Fruit, Jerky

0.0 Clothing - Wear

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

4.2 Clothing - Pack

- 0.30 Socks (Inner & Outer)
- 1.00 Thermal Top & Bottom
- 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
- Bug Shirt (Long Sleeve)