

Crawfish and Channel Rock, VA

DATES: June 30 - July 03, 2017

SEASON: Summer

DURATION: 3 days / 2 nights

PACK WEIGHT: 24 lbs 4.1 oz

NOTES: 63°F - 82°F; light winds; scattered showers; very humid

Gear

Packed (14 lbs 9.9 oz)

Backpack - Osprey Stratos 34L

AAA lithium ion

4

Pillow - Exped inflatable pillow (M)

Sea to Summit Reactor Mummy Bag Liner

Therm-a-Rest NeoAir XLite Sleeping Pad

Therm-a-Rest Z seat pad

Hand towel

MSR IsoPro Canister 4 oz

0.5

MSR WindBurner Stove

Titanium coffee mug

Titanium spork

Utility 50' (orange/Reflective)

Cotton ball/Vaseline

Flint/Steel stick

Rectangular fire sticks

Soto Torch and lighter

Carabiner - Black Diamond Neutrino

4

Nalgene 32oz bottle

2

Neoprene bottle holder

Sawyer 32oz pouch & rubber band

Sawyer mini water filter - blue

Headlamp - Black Diamond Storm 350 lumen

Black Diamond rubber pole tips (pair)

Chair - Helinox Chair Zero

Cigar case (tube)

Cigar cutter

Poop trowel

Straps - Sea to Summit 3/8" x 40" straps

Compass - Suunto

First Aid kit - Weekender

Knife - Kershaw fixed blade

Repel Deet

Eno DoubleNest Hammock

Eno Guardian Bug Net

Worn/On Person (1 lbs 14.6 oz)

Black Diamond Ergo Cork hiking poles

Garmin 920XT

Phone/Camera

Knife - Gerber folding

Map of area printed on TerraSlate

Eno Helios Straps

Eno ProFly rain tarp

MSR Ground Hog Stake 4

Dry Sack - Outdoor 1L (red, blue, green) 3

Dry Sack - Sea to Summit 13L (red-orange)

Dry Sack - Sea to Summit 20L (yellow)

Clothing

Packed (1 lbs 8.1 oz)

Shirt - Long Sleeve

Socks - WrightSock CoolMesh II Crew

Buff with insect shield

Running hat

Pants - REI rain paints

Underwear - ExOfficio Sport Mesh Boxer

Worn/On Person (4 lbs 2.7 oz)

Mammut Wenaha Rain Jacket

Shirt - Wicking Tee

Brooks Cascadia 11 trail runners

Gaiters - Salomon running gaiters

Socks - Darn Tough Micro Crew

Oakley sunglasses

Belt

Shorts - Kuhl Radikl Shorts

Underwear - ExOfficio Sport Mesh Boxer

Toiletries

Packed (0 lbs 10.6 oz)

Compact

Contact case w/solution

Eyeglasses + case

Hand sanitizer

Toilet Paper

Toothbrush

Toothpaste

Worn/On Person

Why would I carry toiletries around in my hand?

Food**Packed (7 lbs 7.5 oz)****Worn/On Person**

Coffee - Via	4	<i>No food in my pockets.</i>
Oatmeal Packet	2	
Mountain House Italian Pepper Steak		
Mountain House Pro-Pak - Stroganoff		
Ron (375 mL)		
Water (16 oz)	4	
Tuna packet - Hickory		
Tuna packet - Yellowfin in olive oil		
Cigar	2	
Clif Bars	2	
Gatorade		
Gatorade Chews	2	
Sport Beans	2	
Trail Mix (1 cup)	2	