

Iron Mountain, VA

DATES: February 16 - 20, 2018

SEASON: Winter

DURATION: 4 days / 3 nights

PACK WEIGHT: 33 lbs 6.7 oz

NOTES: 26°F - 53°F; cold and wet first night; chilly the next two; foggy on the way out

Gear

Packed (17 lbs 8.6 oz)

Backpack - 50L Osprey Atmos backpack

AAA lithium ion

Bag - North Face zero synthetic down

Pillow - Nemo Striped Orange pillow

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

MSR WindBurner Stove

Titanium coffee mug

Titanium spork

Utility 50' (orange/Reflective)

Coghlan fire disc

Coghlan fire sticks

Cotton ball/Vaseline

Exotac NanoStriker

Fatwood

SOL all weather fire cube

Soto Torch and lighter

UCO survival matches

Carabiner - Black Diamond Neutrino

Nalgene 32oz bottle

Nalgene 48oz bottle

Nalgene Flask

Sawyer 64oz pouch & rubber band

Sawyer mini water filter - green

Headlamp - Black Diamond Storm 350 lumen

Chair - Helinox Chair Zero

Cigar case (tube)

Cigar cutter

Poop trowel

Silky F180 hand saw

Straps - REI 3/4" x 40"

Worn/On Person (1 lbs 14.1 oz)

Black Diamond Ergo Cork hiking poles

Garmin 920XT

Phone/Camera

Knife - Benchmade Mini-Griptilian

Map of area printed on TerraSlate

Compass - Suunto
Compass/Thermometer Keychain
First Aid kit - Weekender
Hand warmers (2 pack)
Knife - Kershaw fixed blade
MSR Ground Hog Stake
REI quarter dome T1 (red) 3 guylines & bag
REI quarter dome T1 (red) footprint
REI quarter dome T1 (red) tent
REI quarter dome T1 (red) tent stake
Dry Sack - Outdoor 1L (red, blue, green) 3
Dry Sack - Sea to Summit 20L (yellow)
Dry Sack - Sea to Summit 4L (purple/orange)

Clothing

Packed (3 lbs 12.4 oz)	Worn/On Person (7 lbs 7.4 oz)
KUHL Spyfire Down Hoodie	Shirt - Salomon long sleeve mid-layer
Mammut Wenaha Rain Jacket	Shirt - SmartWool 1/4 zip - black
Socks - REI lightweight merino quarter socks	Shirt - Wicking Tee
Socks - WrightSock CoolMesh II Crew	Asolo boots
Socks - WrightSock CoolMesh II Crew	Gaiters - Outdoor Research gaiters
Gloves - winter shell	Socks - REI lightweight merino quarter socks
Pants - REI rain pants	Gloves - Seirus All Weather
Underwear - ExOfficio Sport Mesh Boxer	Buff - winter
Underwear - Long	Oakley sunglasses
	Winter hat (green) -33
	Belt
	Pants - Kuhl Destroyr Softshell
	Underwear - ExOfficio Sport Mesh Boxer

Toiletries

Packed (1 lbs 0.1 oz)	Worn/On Person
Compact	<i>Why would I carry toiletries around in my hand?</i>
Contact case w/solution	
Contact solution	
Eyeglasses + case	
Hand sanitizer	
Toilet Paper	
Toothbrush	

Toothpaste

Wet Wipes

Food

Packed (11 lbs 1.6 oz)

Worn/On Person

Coffee - Via

No food in my pockets.

Oatmeal Packet

Mountain House Pro-Pak - Stroganoff

Potatoes - Russet

Ron (375 mL)

Water (16 oz)

Tuna packet

Cigar

Clif Bars

Clif Shot Bolks

Five hour energy

Hot Chocolate Mix

4

Sport Beans

2

Trail Mix (1 cup)

1.5