

## Roaring Plains, WV

DATES: April 07 - 10, 2017

SEASON: Spring

DURATION: 3 days / 2 nights

PACK WEIGHT: 28 lbs 11.4 oz

NOTES: 20°F - 64°F; Random April snow shower and single digit wind chill the first day/night; river was impassable; second day was warm and sunny;

### Gear

#### ***Packed (18 lbs 0.5 oz)***

Backpack - 50L Osprey Atmos backpack

Osprey UltraLight pack raincover

AAA lithium ion

Bag - North Face zero synthetic down

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 French Press

MSR IsoPro Canister 4 oz

MSR WindBurner Stove

Titanium coffee mug

Titanium spork

Paracord 50' (green)

Flint/Steel stick

Match kit

Soto Torch and lighter

Carabiner - Black Diamond Neutrino

Nalgene 32oz bottle

Neoprene bottle holder

Sawyer 32oz pouch & rubber band

Sawyer flush

Sawyer water filter

Headlamp - Black Diamond Storm 350 lumen

Adidas bag for bear bag

Black Diamond Pole baskets (pair)

Black Diamond rubber pole tips (pair)

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

Sven saw 15"

Compass - Suunto

Compass/Thermometer Keychain

First Aid kit - Weekender

#### ***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

Hand warmers (2 pack)

Knife - Buck fixed blade

MSR Ground Hog Stake

REI quarter dome T1 (green) footprint

REI quarter dome T1 (green) tent

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

Dry Sack - Sea to Summit 20L (yellow)

Dry Sack - Sea to Summit 4L (purple/orange)

## Clothing

### ***Packed (1 lbs 15.9 oz)***

Socks - SmartWool Expedition Crew

Running hat

Pants - REI rain pants

Underwear - Long

Underwear - Nike Compression Shorts

### ***Worn/On Person (8 lbs 15 oz)***

KUHL Spyfire Down Hoodie

Mammut Wenaha Rain Jacket

Shirt - Salomon long sleeve mid-layer

Shirt - Wicking Tee

Asolo boots

Gaiters - Outdoor Research gaiters

Socks - SmartWool Expedition Crew

Gloves - Seirus All Weather

Gloves - winter shell

Buff - winter

Oakley sunglasses

Winter hat (red)

Belt

Pants - Kuhl Destroyr Softshell

Underwear - ExOfficio Sport Mesh Boxer

## Toiletries

### ***Packed (0 lbs 10.6 oz)***

Compact

Contact case w/solution

Eyeglasses + case

Hand sanitizer

Toilet Paper

Toothbrush

### ***Worn/On Person***

*Why would I carry toiletries around in my hand?*

Toothpaste

**Food**

***Packed (8 lbs 0.3 oz)***

***Worn/On Person***

Coffee - Ground (1 cup)

*No food in my pockets.*

Oatmeal ziploc (1 cup)

Mountain House

Ron (375 mL)

Water (16 oz)

Tuna packet

Beef Jerky (8 oz bag)

Clif Bars

Gatorade

Sport Beans