

Shenandoah, VA

DATES: July 21 - 25, 2018

SEASON: Summer

DURATION: 4 days / 3 nights

PACK WEIGHT: 29 lbs 15 oz

NOTES: 57°F - 82°F; humid and overcast for most of the trip; ended up car camping in the rain on night 3

Gear

Packed (16 lbs 0.5 oz)

Backpack - 50L Osprey Atmos backpack

Osprey UltraLight pack raincover

AAA lithium ion

Anker 10000 USB Charger

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)

Flint/Steel stick

Match kit

UCO SM torch lighter

Carabiner - Black Diamond Neutrino

Nalgene 32oz bottle

Nalgene 48oz bottle

Nalgene Flask

Neoprene bottle holder

Sawyer 64oz pouch & rubber band

Sawyer water filter

Headlamp - Black Diamond Storm 350 lumen

Cigar case (tube)

Cigar cutter

Poop trowel

Straps - REI 3/4" x 40"

Compass - Suunto

Compass/Thermometer Keychain

First Aid kit - Weekender

Knife - Kershaw fixed blade

Picaridin Insect Repellent

Worn/On Person (1 lbs 12.5 oz)

Black Diamond Alpine Carbon Ergo poles

Garmin Fenix 5X

Phone/Camera

Knife - Benchmade Mini-Griptilian

Map of area printed on TerraSlate

MSR Ground Hog Stake

Paria Sanctuary siltarp 10' x 8'

REI quarter dome T1 (red) 3 guylines & bag

REI quarter dome T1 (red) footprint

REI quarter dome T1 (red) poles

REI quarter dome T1 (red) tent

REI quarter dome T1 (red) tent stake 8

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

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

Stuff Sack - Sea to Summit 20L (gray)

Stuff Sack - Sea to Summit 13L (purple)

Clothing

Packed (3 lbs 2.6 oz)

Mammut Wenaha Rain Jacket

Shirt - SmartWool Hoody - blue

Shirt - Wicking Tee

Socks - Darn Tough Micro Crew

Socks - WrightSock CoolMesh II Crew

Pants - REI rain paints

Underwear - ExOfficio Sport Mesh Boxer

Worn/On Person (3 lbs 4.9 oz)

Shirt - Wicking Tee

Brooks Cascadia 11 trail runners

Gaiters - Salomon running gaiters

Socks - WrightSock CoolMesh II Crew

Buff with insect shield

Oakley sunglasses

Running hat

Belt

Shorts - Kuhl Radikl Shorts

Underwear - ExOfficio Sport Mesh Boxer

Toiletries

Packed (0 lbs 14.2 oz)

Compact

Contact case w/solution

Contact solution

Eyeglasses + case

Hand sanitizer

Toilet Paper

Toothbrush

Worn/On Person

Why would I carry toiletries around in my hand?

Toothpaste

Wet Wipes

Food

Packed (9 lbs 13.7 oz)

Worn/On Person

Coffee - Via

No food in my pockets.

Oatmeal Packet

Mountain House Pro-Pak - Stroganoff

Ron (375 mL)

Water (16 oz)

Tuna packet

Beef Jerky (8 oz bag)

Cigar

Clif Bars

Clif Shot Bolks

Five hour energy

Sport Beans

Trail Mix (1 cup)