

Wild Oak Nat'l Rec Trail, VA

DATES: November 10 - 13, 2018

SEASON: Fall

DURATION: 3 days / 2 nights

PACK WEIGHT: 34 lbs 5.5 oz

NOTES: 25°F - 43°F; sunny, but windy skies; both nights were windy and cold; ended up crossing a river 8 times on the last day; my heaviest pack to date on account of potatoes and a chair :)

Gear

Packed (19 lbs 2.4 oz)

Backpack - 50L Osprey Atmos backpack

Osprey UltraLight pack raincover

AAA lithium ion

4

Anker 10000 USB Charger

Bag - REI Magma 10

Eno Blaze Underquilt

Pillow - Nemo Striped Orange pillow

Sea to Summit Reactor Mummy Bag Liner

Therm-a-Rest NeoAir XTherm Max Sleeping Pad

Therm-a-Rest Z seat pad

Grill grate - Bushcraft 9.5" x 5"

Grill grate - Bushcraft carrying bag

Hand towel

MSR IsoPro Canister 4 oz

0.75

MSR WindBurner Stove

Titanium coffee mug

Titanium spork

UltraGlide Bear Line 50' (red/white)

Zing-It 50' (yellow)

Duraflame cubes (white)

2

Flint/Steel stick

UCO SM torch lighter

UCO survival matches

Carabiner - Metolius FS Mini II

2

PCT Bear Bag Toggle

Nalgene 32oz bottle

2

Nalgene Flask (minus lid and holder)

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

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

| | |
|---|---|
| Poop trowel | |
| Silky F180 hand saw | |
| Compass - Suunto | |
| Compass/Thermometer Keychain | |
| First Aid kit - Weekender | |
| Hand warmers (2 pack) | 2 |
| Knife - Kershaw fixed blade | |
| Adjustable Structural Ridgeline | |
| Eno Helios Straps | |
| Eno ProFly rain tarp (modified) | |
| Eno SuperSub Double | |
| MSR Ground Hog Stake | 4 |
| Dry Sack - Outdoor 1L (red, blue, green) | 2 |
| Dry Sack - Sea to Summit 13L (red-orange) | |
| Stuff Sack - Sea to Summit 13L (purple) | |

Clothing

| Packed (4 lbs 8.1 oz) | Worn/On Person (6 lbs 2.3 oz) |
|--|--|
| KUHL Spyfire Down Hoodie | Shirt - SmartWool Hoody - blue |
| Mammut Wenaha Rain Jacket | Shirt - Wicking Tee |
| Shirt - SmartWool 1/4 zip - black | Asolo boots |
| Socks - REI lightweight merino quarter socks | Socks - REI lightweight merino quarter socks |
| Socks - WrightSock CoolMesh II Crew | Socks - WrightSock CoolMesh II Crew |
| Gloves - winter shell | Gloves - Seirus All Weather |
| Winter hat (brown) North Face | Buff - winter |
| Pants - REI rain pants | Oakley sunglasses |
| Underwear - ExOfficio Sport Mesh Boxer | Winter hat (green) -33 |
| Underwear - Long | Belt |
| | Pants - Kuhl Destroyr Softshell |
| | Underwear - ExOfficio Sport Mesh Boxer |

Toiletries

| Packed (0 lbs 11.2 oz) | Worn/On Person |
|-------------------------------|--|
| Compact | <i>Why would I carry toiletries around in my hand?</i> |
| Contact case w/solution | |
| Eyeglasses + case | |
| Medicine | |
| Toilet Paper | |
| Toothbrush | |

Toothpaste

Wet Wipes

Food

Packed (9 lbs 15.8 oz)

Worn/On Person

| | | |
|---------------------------------------|------|-------------------------------|
| Coffee - Via | 4 | <i>No food in my pockets.</i> |
| Oatmeal Packet | 2 | |
| Mountain House Pro-Pak - Chk Teriyaki | 2 | |
| Potatoes - Russet | 3 | |
| Ron (375 mL) | | |
| Water (16 oz) | 4 | |
| Tuna packet | 2 | |
| Beef Jerky (8 oz bag) | 0.85 | |
| Cigar | 5 | |
| Clif Bars | 3 | |
| Clif Shot Bolks | 3 | |
| Hot Chocolate Mix | 6 | |
| Trail Mix (1 cup) | 0.75 | |