

## Mt. Rogers, VA

DATES: May 25 - 27, 2019

SEASON: Spring

DURATION: 2 days / 1 nights

PACK WEIGHT: 22 lbs 14.6 oz

NOTES: 58° F - 76° F; SAT sunny with cool breeze; 30 min rain at 10PM; SUN sunny and gorgeous; 8-20MPH winds throughout the day; 10:30PM-11:30PM hard rain. MON overcast and foggy all the way down the mtn where the sun was waiting for us.

### Gear

#### **Packed (13 lbs 15.4 oz)**

Backpack - Osprey Stratos 34L

AAA lithium ion

PNY T2600 USB Charger

Pillow - Exped down pillow (M)

Sea to Summit Extreme 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)

Cotton ball/Vaseline

Duraflame cubes (white)

SOL all weather fire cube

Flint/Steel stick

UCO SM torch lighter without case

Carabiner - Metolius FS Mini II

Nalgene 48oz bottle

Sawyer 64oz pouch & rubber band

Sawyer water filter

Headlamp - Black Diamond Spot 325 lumen

Chair - Helinox Chair Zero

Game - Dice

Pen - Fisher Space Pen

Poop trowel

Silky F180 hand saw

Bear Spray by Counter Assault

Compass - Suunto

First Aid kit - Weekender

Picaridin Insect Repellent

#### **Worn/On Person (1 lbs 12.5 oz)**

Black Diamond Alpine Carbon Ergo poles

3 Garmin Fenix 5X

Phone/Camera

Knife - Benchmade Mini-Griptilian

Map of area printed on TerraSlate

Adjustable Structural Ridgeline

Bug Net - Kammok Dragonfly

Hammock - ENO SuperSub Double

Stakes - Kammok tarp stakes 4

Stakes - MSR Ground Hog Stake 2

Straps - Kammok Python 10 UL

Tarp - Kammok Kuhli UL

Dry Sack - Outdoor 1L (red, blue, green) 2

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

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

### Clothing

#### **Packed (2 lbs 12.2 oz)**

Mammut Wenaha Rain Jacket

Shirt - SmartWool Hoody - blue

Shirt - SmartWool Tee

Socks - WrightSock CoolMesh II Crew

Pants - REI rain pants

Underwear - ExOfficio Sport Mesh Boxer

#### **Worn/On Person (3 lbs 0.4 oz)**

Shirt - SmartWool Tee

Brooks Cascadia 11 trail runners

Socks - WrightSock CoolMesh II Crew

Buff with insect shield

Running hat

Sunglasses (backup)

Belt

Shorts - Prana Stretch Zion (khaki, charcoal)

### Toiletries

#### **Packed (0 lbs 9.4 oz)**

Compact

Contact case w/solution

Eyeglasses + microfiber case

Toilet Paper

Toothbrush

Toothpaste

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

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

### Food

#### **Packed (5 lbs 9.6 oz)**

Coffee - Via 4

Oatmeal Packet 4

Mountain House Pro-Pak - Chili Mac w/Beef

Mountain House Pro-Pak - Chk Teriyaki

Water (16 oz) 3

Tuna packet - Albacore 2

Clif Bars 3

Clif Shot Bolks 3

Gatorade

Trail Mix (1 cup)

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

*No food in my pockets.*

