

## Triple Crown, VA

DATES: September 28 - 29, 2019

SEASON: Fall

DURATION: Overnight

PACK WEIGHT: 23 lbs 4 oz

NOTES: 63° F - 89° F; Sat sunny with a bit of rain between 12PM and 5PM, high of 87°F; Sun morn hot during hike, high of 89°F

### Gear

#### *Packed (12 lbs 10.6 oz)*

- Backpack - Osprey Stratos 34L
- AAA lithium ion 3
- PNY T2600 USB Charger
- Pillow - Exped Air Pillow (M) 2019
- 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
- Fozzils collapsible bowl
- MSR PocketRocket 2 w/o case
- TOAKS 750mL Titanium cookset
- MSR Windburner fuel stand
- Titanium long handle spoon (TOAKS)
- UltraGlide Bear Line 50' (red/white)
- Cotton ball/Vaseline
- Duraflame cubes (white)
- UCO survival matches
- Flint/Steel stick
- UCO SM torch lighter without case
- Carabiner - Metolius FS Mini II
- Nalgene 48oz bottle
- Ultimate Direction FlexForm 21oz bottle
- Nalgene Flask (minus lid and holder)
- Evernew - 67oz pouch with rubber band
- Sawyer water filter
- Headlamp - Black Diamond Spot 325 lumen
- Chair - Helinox Chair Zero
- Cigar case (tube)
- Cigar cutter
- Game - Dice
- Joby iPhone Tripod
- Pen - Fisher Space Pen

#### *Worn/On Person (1 lbs 11.9 oz)*

- Black Diamond Alpine Carbon Ergo poles (green)
- Garmin Fenix 6X Pro Solar
- Phone/Camera
- Knife - Benchmade Mini-Griptilian
- Map of area printed on TerraSlate

- Poop trowel - The Deuce 3
- Silky F180 hand saw
- Compass - Suunto
- First Aid kit - Day Hiker
- Picaridin Insect Repellent
- 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 9.4 oz)**

- Mammot Wenaha Rain Jacket
- Shirt - SmartWool Hoody - blue
- Shirt - SmartWool Tee
- Socks - WrightSock CoolMesh II Crew
- Pants - REI rain paints

#### **Worn/On Person (2 lbs 13.9 oz)**

- Shirt - SmartWool Tee
- Brooks Cascadia 11 trail runners
- Socks - WrightSock CoolMesh II Crew
- Buff with insect shield
- Running hat
- Sunglasses (backup)
- Shorts - Prana Stretch Zion (khaki, charcoal)
- Underwear - ExOfficio Sport Mesh Boxer

### Toiletries

#### **Packed (0 lbs 9 oz)**

- Compact
- Contact case w/solution
- Eyeglasses + microfiber case
- Toilet Paper
- Toothbrush
- Toothpaste
- Wet Wipes

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

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

### Food

#### **Packed (7 lbs 7 oz)**

- Coffee - Via 2
- Oatmeal Packet 2
- Mountain House Pro-Pak - Stroganoff
- Ron (375 mL)

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

*No food in my pockets.*

<input type="checkbox"/>	Water (16 oz)	4.3
<input type="checkbox"/>	Tuna packet - Albacore	2
<input type="checkbox"/>	Cigar	3
<input type="checkbox"/>	Clif Bars	3
<input type="checkbox"/>	Clif Shot Bloks	2
<input type="checkbox"/>	GU Energy Gel	
<input type="checkbox"/>	Beef and Cheese Sticks	2
<input type="checkbox"/>	Trail Mix (1 cup)	