

## Wild Oak Nat'l Rec Trail, VA

**Dates:** September 12 - 14, 2020

**Season:** Summer

**Duration:** 3 days / 2 nights

**Pack Weight:** 18 lbs 14.1 oz

**Notes:** 57° F - 81° F; Sat was humid and foggy; Rain off and on after 4PM through the night; Sun morn low 60s, overcast, and foggy. Sunshine late in the day; Monday cool in the upper 50s and overcast.

### Gear

<i>Packed (9 lbs 7.6 oz)</i>		<i>Worn/On Person (1 lbs 9 oz)</i>		
	Ultimate Direction Fastpack 35L	1 lb 9 oz	Leki Micro Vario Carbon Poles	1 lb 0.9 oz
	Trash bag	0.5 oz	Garmin Fenix 6X Pro Solar	2.9 oz
3	AAA lithium ion	0.9 oz	Phone/Camera	4.9 oz
	PNY T2600 USB Charger	2.4 oz	Map of area printed on TerraSlate	0.3 oz
	Eno Ignitor Topquilt	1 lb 7 oz		
	Therm-a-Rest NeoAir XLite Sleeping Pad	13 oz		
	Therm-a-Rest Z seat pad	2 oz		
	MSR PocketRocket 2 w/o case	2.6 oz		
	TOAKS 750mL Titanium cookset	3.6 oz		
	Hand towel - Sea to Summit xx-small	1.1 oz		
	Fozzils collapsible bowl	1.3 oz		
	Titanium spork	0.5 oz		
	UltraGlide Bear Line 50' (red/white)	1.7 oz		
	Cotton ball/Vaseline	0.8 oz		
	Duraflame cubes (white)	0.6 oz		
	UCO survival matches	0.6 oz		
	Flint/Steel stick	0.9 oz		
	UCO SM torch lighter without case	1.6 oz		
	Carabiner - Metolius FS Mini II	0.8 oz		
2	Smart water bottle - empty (23.7 oz)	2 oz		
	Ultimate Direction FlexForm 21oz bottle	2.5 oz		
	Nalgene Flask (minus lid and holder)	1.8 oz		
	Evernew - 30oz pouch with rubber band	1 oz		
	Katadyn BeFree 1.0L	2.2 oz		
	Sawyer mini water filter - green	1.8 oz		
	Headlamp - Black Diamond Spot 325 lumen (green)	1.7 oz		
	Maglite Solitaire	0.9 oz		
	Cigar cutter	0.8 oz		
	Poop trowel - The Deuce 3	1 oz		
	Compass - Suunto	1.1 oz		
	First Aid kit - Day Hiker	6 oz		
	Knife - Leatherman Squirt PS4 Multi-tool	1.9 oz		
	Nut Butter	1.6 oz		
	Picaridin Insect Repellent	1.9 oz		
	Adjustable Structural Ridgeline	0.4 oz		
	Bug Net - Kammok Dragonfly	9.8 oz		
	Hammock - ENO SuperSub Double	9.8 oz		
2	Stakes - Vargo titanium shepherd hook	0.6 oz		
4	Stakes - Kammok tarp stakes	1.5 oz		
	Straps - Kammok Python 10 UL	3.2 oz		
	Tarp - Kammok Kuhli UL	12.5 oz		
	Stuff Sack - Hyperlite - Drawstring - Nano 0.4L	0.1 oz		
2	Dry Sack - Outdoor 1L (red, blue, green)	1.4 oz		
	Stuff Sack - Hyperlite - Drawstring - Large 4.4L	0.5 oz		
	Dry Sack - Sea to Summit 4L (purple/orange)	0.8 oz		

## Clothing

### Packed (2 lbs 1.6 oz)

Salomon Bonatti WP Rain Jacket	7 oz
Shirt - SmartWool Hoody - blue	7.7 oz
Shirt - Patagonia Capilene Cool Daily	4.5 oz
Socks - Smartwool PhD Run Ultra Light Low-Cut	1.4 oz
Socks - Injinji Trail Midweight Mini-Crew	1.6 oz
Pants - Outdoor Research Helium Pant	6.3 oz
Shorts - Running shorts - 5"	5.1 oz

### Worn/On Person (2 lbs 4.3 oz)

Shirt - Patagonia Capilene Cool Daily	4.5 oz
Brooks Cascadia 14 trail runners	1 lb 5.4 oz
Gaiters - Dirty Girl Gaiters	1.3 oz
Socks - Smartwool PhD Run Ultra Light Low-Cut	1.4 oz
Buff with insect shield	1.3 oz
Running hat	1.3 oz
Shorts - Running shorts - 5"	5.1 oz

## Toiletries

### Packed (0 lbs 6.9 oz)

2 Contact case w/solution	0.8 oz
Eyeglasses + microfiber case	1.3 oz
Toilet Paper	1.2 oz
Toothbrush	0.7 oz
Toothpaste	0.5 oz
Wet Wipes	2.4 oz

### Worn/On Person (0 lbs 0 oz)

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

## Food

### Packed (6 lbs 13.9 oz)

6 Coffee - Via	0.6 oz
4 Oatmeal Packet	6.4 oz
Mountain House Pro-Pak - Chk and Mashed Papa	3.6 oz
Mountain House Italian Pepper Steak (white)	3.5 oz
Ron (375 mL)	12.8 oz
3.381 Water (16 oz)	3 lb 8.3 oz
2 Cigar	1.8 oz
2.8 Beef Jerky (1 oz)	2.8 oz
3 Clif Bars	7.2 oz
4 GU Energy Gel	4.4 oz
2 Clif Shot Bloks	4.2 oz
2 Tailwind packet	3.8 oz
2.5 Almonds (1 oz)	2.5 oz

### Worn/On Person (0 lbs 0 oz)

*No food in my pockets.*