

Iron Mountain, VA

DATES: January 14 - 16, 2023

SEASON: Winter

DURATION: 3 days / 2 nights

PACK WEIGHT: 34 lbs 0.7 oz

NOTES: 6° F - 52° F; Sat 6°F low, snow showers, wind chill -13°F, winds gusting to 34MPH; Sun 32°F/24°F, partly cloudy, windy with wind chill near 0°F, Mon 40°F/24°F and partly sunny

Gear

Packed (18 lbs 4.2 oz)

Backpack - 50L Osprey Atmos backpack

Osprey UltraLight pack raincover

Hyperlite shoulder pouch

AAA lithium ion

PNY T2600 USB Charger

Bag - REI Magma 10

Therm-a-Rest NeoAir XTherm Max Sleeping Pad

Pillow - Exped down pillow (M)

Sea to Summit Extreme Mummy Bag Liner

Therm-a-Rest Z seat pad

Hand towel - Sea to Summit xx-small

Snow Peak Titanium Bowl

MSR IsoPro Canister 4 oz

MSR PocketRocket 2 w/o case

TOAKS 750mL Titanium cookset

Titanium coffee mug

Titanium long handle spoon (TOAKS)

UltraGlide Bear Line 50' (red/white)

Cotton ball/Vaseline

Duraflame cubes (white)

Flint/Steel stick

UCO SM torch lighter without case

ExtremeStart Firestarter

UCO survival matches

PCT Bear Bag Toggle (Dogbone)

Carabiner - Metolius FS Mini II

Carabiner - Hilltop Packs (micro)

Nalgene 32oz (946mL) bottle

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Nalgene bottle carrier - insulated

Nalgene Flask (minus lid and holder)

Cnoc Outdoors VECTO 67oz (2L) bladder

Sawyer water filter

Katadyn Micropur Tablets

Worn/On Person (1 lbs 5.6 oz)

Black Diamond Alpine Carbon Ergo poles (green)

Black Diamond Pole baskets (pair)

Garmin Fenix 6X Pro Solar

3 Map of area printed on TerraSlate

2

4

Headlamp - Black Diamond Spot 325 lumen (red)

Maglite Solitaire

Chair - Helinox Chair Zero

Chair - REI Flexlite Chair Underquilt

Vargo Dig Dig Trowel

Silky F180 hand saw

Compass - Suunto A-10

Compass/Thermometer Keychain

First Aid kit - Weekender

Hand warmers (2 pack) 2

Knife - Benchmade Mini-Griptilian

Stakes - MSR Ground Hog Stake 3

REI quarter dome T1 (red) 3 guylines & bag

REI quarter dome T1 (red) footprint

REI quarter dome T1 (red) tent stake 8

REI quarter dome T1 (red) poles

REI quarter dome T1 (red) tent

Stuff Sack - Hammock Gear - Stake Sack (gray)

Poop Bag - Space Bear Bags - Poop Moji

Stuff Sack - Hyperlite - Drawstring - Nano 0.4L

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

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

Stuff Sack - Hyperlite Pod - Small 6.8L

Food Bag - Bear Bag by Cloud Gear

Compression Sack - Sleeping Bag 10L

Clothing

Packed (6 lbs 10.7 oz)

Patagonia Down Sweater Hoody

Marmot Stockholm Down Jacket (yellow)

Arc'teryx Zeta SL Rain Jacket

Shirt - SmartWool 1/4 zip - black

Shirt - SmartWool Hoody - gray

Shirt - SmartWool Tee

Socks - Darn Tough Steely Boot Full

Socks - WrightSock CoolMesh II Crew

Gloves - Smartwool Merino Sport Fleece

Gloves - Black Diamond Mercury Mitt

Buff - winter

Winter hat (green) -33

Underwear - ExOfficio Sport Mesh Boxer

Underwear - Long

Worn/On Person (5 lbs 6.9 oz)

Patagonia Houdini jacket

Shirt - Patagonia Capilene Cool Daily

Merrell Moab 2 Prime Mid boots

Socks - Darn Tough Coolmax Boot Full

Gaiters - Outdoor Research gaiters

Sunglasses (backup)

Running hat

Pants - Outdoor Research Cirque II Softshell Pant

Underwear - ExOfficio Sport Mesh Boxer

Compression Sleeves - CEP

Toiletries

Packed (0 lbs 13 oz)	Worn/On Person
Contact case w/solution	<i>Why would I carry toiletries around in my hand?</i>
Contact solution	0.3
Eyeglasses + microfiber case	
Toilet Paper	
Toothbrush	
Toothpaste	
Wet Wipes	

Food	
Packed (8 lbs 4.9 oz)	Worn/On Person
Coffee - Via	6 <i>No food in my pockets.</i>
Oatmeal Packet	3
Ramen Noodles	
Potatoes - Instant (pouch)	
Ron (375 mL)	
Water (16 oz)	4.00
Tuna packet - Hickory	2
Chicken packet	2
Clif Bars	4
Skratch Energy Chews	3
PEAK REFUEL peanut butter cookie dough bites	
GU Energy Gel	2
Stinger Waffles	2
Trail Mix (1 cup)	
Beef stick	2
Fruit Snacks (mini bags)	4