

## Mt. Pleasant, VA

DATES: February 18 - 20, 2023

SEASON: Winter

DURATION: 3 days / 2 nights

PACK WEIGHT: 31 lbs 10.6 oz

NOTES: 21° F - 58° F; Sat 49°F/21°F, sunny and clear. Windy in the evening. Sun 55°F/31°F clear and windy with gusts to 35MPH; Mon 31°F/58°F partly cloudy and windy at times.

### Gear

#### *Packed (17 lbs 8.2 oz)*

- Backpack - 50L Osprey Atmos backpack
- Nylofume® Pack Liner Bags
- Hyperlite shoulder pouch
- AAA lithium ion 3
- PNY T2600 USB Charger
- Bag - REI Magma 10
- Eno Blaze Underquilt
- Pillow - Exped down pillow (M)
- Therm-a-Rest Z seat pad
- Hand towel - Sea to Summit xx-small
- Snow Peak Titanium Bowl
- MSR IsoPro Canister 4 oz 1.3
- MSR PocketRocket 2 w/o case
- TOAKS 750mL Titanium cookset
- Titanium coffee mug
- Titanium long handle spoon (TOAKS)
- Grill grate - Bushcraft 9.5" x 5"
- 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
- Nalgene 32oz (946mL) bottle
- Nalgene Flask (minus lid and holder)
- Cnoc Outdoors VECTO 67oz (2L) bladder
- Sawyer water filter
- Katadyn Micropur Tablets 2

#### *Worn/On Person (1 lbs 4.4 oz)*

- Black Diamond Alpine Carbon Ergo poles (green)
- Garmin Fenix 7X Pro Solar
- Map of area printed on TerraSlate
- 
-

- Headlamp - Black Diamond Spot 325 lumen (green)
- Maglite Solitaire
- Chair - Helinox Chair Zero
- Chair - REI Flexlite Chair Underquilt
- Game - Cards
- Vargo Dig Dig Trowel
- Silky F180 hand saw
- Compass - Suunto A-10
- Compass/Thermometer Keychain
- First Aid kit - Weekender
- Hand warmers (2 pack)
- Knife - Benchmade Mini-Griptilian
- Warbonnet XLC Top Cover ONLY 0
- Hammock - Warbonnet Blackbird XLC (orange)
- Stakes - Vargo titanium shepherd hook 4
- Stakes - Warbonnet Titanium Nail Spike 2
- Stakes - Kammok tarp stakes 4
- Straps - Whoopies w/Dynaweave Straps
- Tarp - Warbonnet Minifly silpoly 11' x 7.6'
- Stuff Sack - Hilltop Packs - Stake Sack (vampire)
- Poop Bag - Space Bear Bags - Poop Moji
- Stuff Sack - Hyperlite - Drawstring - Nano 0.4L
- Dry Sack - Outdoor 1L (red, blue, green)
- Stuff Sack - Hyperlite Pod - Small 6.8L
- Food Bag - Bear Bag by Cloud Gear
- Compression Sack - Sleeping Bag 14L

## Clothing

### *Packed (5 lbs 10.7 oz)*

- Patagonia Down Sweater Hoody
- Patagonia Down Sweater Vest
- Rain Jacket - Arc'teryx Zeta SL Rain Jacket
- Shirt - SmartWool 1/4 zip - black
- Shirt - SmartWool Hoody - gray
- Shirt - Patagonia Capilene Cool Daily
- Patagonia Houdini jacket
- Socks - Injinji toe socks
- Socks - Smartwool PhD Run Ultra Light Low-Cut
- Socks - Darn Tough Coolmax Boot Full
- Gloves - Smartwool Merino Sport Fleece
- Buff with insect shield
- Winter hat (green) -33
- Pants - Prana Stretch Zion (khaki, brown)
- Underwear - ExOfficio Sport Mesh Boxer

### *Worn/On Person (2 lbs 9.7 oz)*

- Shirt - Patagonia Capilene Cool Daily (long)
- Shirt - Patagonia Capilene Cool Daily
- Brooks Cascadia 16 trail runners
- Socks - Smartwool PhD Run Ultra Light Low-Cut
- Gaiters - Dirty Girl Gaiters
- Sunglasses (backup)
- Running hat
- Shorts - Running shorts - 5"
-

## Toiletries

**Packed (0 lbs 13.6 oz)**

**Worn/On Person**

- |                          |                              |     |  |
|--------------------------|------------------------------|-----|--|
| <input type="checkbox"/> | Contact case w/solution      |     | <i>Why would I carry toiletries around in my hand?</i> |
| <input type="checkbox"/> | Contact solution             | 0.5 |  |
| <input type="checkbox"/> | Eyeglasses + microfiber case |     |  |
| <input type="checkbox"/> | Toilet Paper                 |     |  |
| <input type="checkbox"/> | Toothbrush                   |     |  |
| <input type="checkbox"/> | Toothpaste                   |     |  |
| <input type="checkbox"/> | Wet Wipes                    |     |  |

## Food

**Packed (7 lbs 10.1 oz)**

**Worn/On Person**

- |                          |  |     |                               |
|--------------------------|--|-----|-------------------------------|
| <input type="checkbox"/> | Coffee - Via                                 | 6   | <i>No food in my pockets.</i> |
| <input type="checkbox"/> | Oatmeal Packet                               | 4   |                               |
| <input type="checkbox"/> | Ramen Noodles                                | 2   |                               |
| <input type="checkbox"/> | Ron (375 mL)                                 |     |                               |
| <input type="checkbox"/> | Water (16 oz)                                | 4.0 |                               |
| <input type="checkbox"/> | Tuna packet                                  | 2   |                               |
| <input type="checkbox"/> | Clif Bars                                    | 3   |                               |
| <input type="checkbox"/> | Stinger Waffles                              | 3   |                               |
| <input type="checkbox"/> | Skratch Energy Chews                         | 2   |                               |
| <input type="checkbox"/> | PEAK REFUEL peanut butter cookie dough bites | 0.5 |                               |
| <input type="checkbox"/> | GU Energy Gel                                | 2   |                               |
| <input type="checkbox"/> | Cigar  | 3   |                               |
| <input type="checkbox"/> | Trail Mix (1 cup)                            |     |                               |