

## Doughton Park, NC

DATES: September 14 - 16, 2023

SEASON: Summer

DURATION: 3 days / 2 nights

PACK WEIGHT: 20 lbs 8.2 oz

NOTES: 49° F - 72° F; Fri 70°F, mostly sunny, light winds; Sat 55°F/72°F sunny and clear throughout the day; Sun 51°F storms in the morning

### Gear

#### *Packed (12 lbs 3.1 oz)*

- Ultimate Direction Fastpack 30L
- Nylofume® Pack Liner Bags
- AAA 3
- PNY T2600 USB Charger
- Eno Ignitor Topquilt
- Eno Blaze Underquilt
- Therm-a-Rest Z seat pad
- MSR PocketRocket 2 w/o case
- MSR IsoPro Canister 4 oz
- TOAKS 750mL Titanium cookset
- Hand towel - Sea to Summit xx-small
- Fozzils collapsible cup
- Titanium long handle spoon (TOAKS)
- UltraGlide Bear Line 50' (red/white)
- Cotton ball/Vaseline
- Duraflame cubes (white)
- UCO survival matches 0.5
- Flint/Steel stick
- UCO SM torch lighter without case
- Carabiner - Metolius FS Mini II
- Smart water bottle - empty (33.8oz | 1L)
- UD Body Bottle Insulated 17oz (500mL)
- Cnoc Outdoors VECTO 67oz (2L) bladder
- Katadyn Micropur Tablets 2
- Sawyer water filter
- Headlamp - Black Diamond Spot 325 lumen (red)
- Maglite Solitaire
- Chair - Helinox Chair Zero
- Vargo Dig Dig Trowel
- Silky F180 hand saw
- Compass - Suunto A-10
- First Aid kit - Weekender
- Knife - Swiss Army Classic

#### *Worn/On Person (1 lbs 8.9 oz)*

- Leki Micro Vario Carbon Poles
- Garmin Fenix 7X Pro Solar
- Phone/Camera

<input type="checkbox"/>	Map of area printed on TerraSlate	
<input type="checkbox"/>	Picaridin Insect Repellent	0.75
<input type="checkbox"/>	Body Glide mini	0.5
<input type="checkbox"/>	Backpacking permit	
<input type="checkbox"/>	Bug Net - Warbonnet Net Top	
<input type="checkbox"/>	Hammock - Warbonnet Blackbird XLC (orange)	
<input type="checkbox"/>	Stakes - Vargo titanium shepherd hook	4
<input type="checkbox"/>	Stakes - Kammok tarp stakes	4
<input type="checkbox"/>	Stakes - Vargo Titanium Nail Peg	2
<input type="checkbox"/>	Straps - Whoopies w/Dynaweave Straps	
<input type="checkbox"/>	Tarp - Warbonnet Minifly silpoly 11' x 7.6'	
<input type="checkbox"/>	Stuff Sack - Hammock Gear - Stake Sack (gray)	
<input type="checkbox"/>	Stuff Sack - Hyperlite - Drawstring - Nano 0.4L	
<input type="checkbox"/>	Dry Sack - Outdoor 1L (red, blue, green)	2
<input type="checkbox"/>	Stuff Sack - Hyperlite Pod - Small 6.8L	
<input type="checkbox"/>	Food Bag - Bear Bag by Cloud Gear	
<input type="checkbox"/>	Compression Sack - Sleeping Bag 14L	

### Clothing

#### **Packed (3 lbs 1.4 oz)**

<input type="checkbox"/>	Rain Jacket - Arc'teryx Zeta SL Rain Jacket	
<input type="checkbox"/>	Patagonia Down Sweater Vest	
<input type="checkbox"/>	Shirt - SmartWool Hoody - gray	
<input type="checkbox"/>	Shirt - Patagonia Capilene Cool Daily	
<input type="checkbox"/>	Socks - Balega Ultralight Crew Socks	2
<input type="checkbox"/>	Buff with insect shield	
<input type="checkbox"/>	Shorts - Running shorts - 5"	
<input type="checkbox"/>	Pants - Outdoor Research Helium Pant	

#### **Worn/On Person (2 lbs 4.6 oz)**

<input type="checkbox"/>	Shirt - Patagonia Capilene Cool Daily
<input type="checkbox"/>	Brooks Cascadia 16 trail runners
<input type="checkbox"/>	Gaiters - Dirty Girl Gaiters
<input type="checkbox"/>	Socks - Smartwool Run Zero Cushion Mid Crew
<input type="checkbox"/>	Running hat
<input type="checkbox"/>	Sunglasses (backup)
<input type="checkbox"/>	Compression Sleeves - CEP
<input type="checkbox"/>	Shorts - Running shorts - 5"

### Toiletries

#### **Packed (0 lbs 4.2 oz)**

<input type="checkbox"/>	Contact case w/solution	2
<input type="checkbox"/>	Eyeglasses + microfiber case	
<input type="checkbox"/>	Toilet Paper	
<input type="checkbox"/>	Mini Toothbrush kit	
<input type="checkbox"/>	Wet Wipes	0.2

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

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

### Food

#### **Packed (4 lbs 15.5 oz)**

<input type="checkbox"/>	Coffee - Via	4
<input type="checkbox"/>	Oatmeal Packet	2
<input type="checkbox"/>	Ramen Noodles	2
<input type="checkbox"/>	Water (16 oz)	3.16€
<input type="checkbox"/>	Chicken packet	2.0
<input type="checkbox"/>	Beef stick	6
<input type="checkbox"/>	Clif Bars	2

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

*No food in my pockets.*

Clif Shot Bloks

GU Energy Gel

Nuts - Misc

0.5