

## Iron Mountain, VA

**Dates:** July 01 - 03, 2024

**Season:** Summer

**Duration:** 3 days / 2 nights

**Pack Weight:** 22 lbs 8.2 oz

**Notes:** 52° F - 78° F; Mon 74°F, clear skies very windy at night; Tue 52°F in the AM, clear skies, 76°F for the high. Wed morning, 55°F in the AM. Sun at at high of 78°F on the ridge.

### Gear

#### **Packed (13 lbs 1.7 oz)**

#### **Worn/On Person (1 lbs 9 oz)**

Ultimate Direction Fastpack 30L	1 lb 8.3 oz	Garmin Fenix 7X Pro Solar	3.1 oz
3 AAA	1.2 oz	Black Diamond Alpine Carbon Ergo poles (green)	1 lb 1 oz
Nitecore NB10000	5.3 oz	Phone/Camera	4.9 oz
Eno Blaze Underquilt	1 lb 8 oz		
Eno Ignitor Topquilt	1 lb 7 oz		
Pillow - Exped down pillow (M)	5.3 oz		
Therm-a-Rest Z seat pad	2 oz		
Fozzils collapsible bowl	1.3 oz		
Hand towel - Sea to Summit xx-small	1.1 oz		
MSR IsoPro Canister 4 oz	7.5 oz		
MSR PocketRocket 2 w/o case	2.6 oz		
Sea to Summit Cool Grip X-Mug 16oz	2.5 oz		
Titanium long handle spoon (TOAKS)	0.7 oz		
TOAKS 750mL Titanium cookset	3.6 oz		
UltraGlide Bear Line 50' (red/white)	1.7 oz		
Cotton ball/Vaseline	0.8 oz		
2 Duraflame cubes (white)	1.2 oz		
Flint/Steel stick	0.9 oz		
UCO SM torch lighter without case	1.6 oz		
0.5 UCO survival matches	0.3 oz		
Carabiner - Metolius FS Mini II	0.8 oz		
Cnoc Outdoors VECTO 67oz (2L) bladder	1 oz		
2 Katadyn Micropur Tablets	1.8 oz		
Sawyer water filter	3.5 oz		
Smart water bottle - empty (33.8oz   1L)	1 oz		
UD Body Bottle UD FlexForm 21oz (600mL)	2.5 oz		
Headlamp - Black Diamond Spot 325 lumen (red)	1.7 oz		
Maglite Solitaire	0.9 oz		
Chair - Helinox Chair Zero	1 lb 0 oz		
Silky F180 hand saw	5.7 oz		
Vargo Dig Dig Trowel	1.3 oz		
0.5 Body Glide mini	0.7 oz		
Compass - Suunto A-10	1.1 oz		
First Aid kit - Weekender	7.5 oz		
Knife - Swiss Army Classic	0.7 oz		
Map of area printed on TerraSlate	0.3 oz		
0.75 Picaridin Insect Repellent	3.8 oz		
Bug Net - Warbonnet Net Top	8.7 oz		
Hammock - Warbonnet Blackbird XLC (orange)	13.1 oz		
4 Stakes - Kammok tarp stakes	1.5 oz		
2 Stakes - Vargo Titanium Nail Peg	0.6 oz		
4 Stakes - Vargo titanium shepherd hook	1.2 oz		
Straps - Whoopies w/Dynaweave Straps	2.6 oz		
Tarp - Warbonnet Minify silpoly 11' x 7.6'	13.3 oz		
Compression Sack - Sleeping Bag 14L	3.2 oz		

2 Dry Sack - Outdoor 1L (red, blue, green)	1.4 oz
Food Bag - Bear Bag by Cloud Gear	1.3 oz
Poop Bag - Space Bear Bags - Poop Moji	0.4 oz
Stuff Sack - Hilltop Packs - Stake Sack (vampire)	0.2 oz
Stuff Sack - Hyperlite - Drawstring - Nano 0.4L	0.1 oz
Stuff Sack - Hyperlite Pod - Small 6.8L	1.2 oz

### Clothing

#### Packed (2 lbs 14.1 oz)

#### Worn/On Person (2 lbs 5.2 oz)

Patagonia Down Sweater Vest	9.8 oz	Shirt - Patagonia Capilene Cool Daily	4.5 oz
Shirt - Patagonia Capilene Cool Daily	4.5 oz	Brooks Cascadia 16 trail runners	1 lb 5 oz
Shirt - SmartWool Hoody - gray	8.8 oz	Gaiters - Dirty Girl Gaiters	1.3 oz
2 Socks - Darn Tough Run No-Show Tab Ultralight	2.6 oz	Socks - Balega Enduro Crew Socks	1.9 oz
Buff with insect shield	1.3 oz	Running hat	1.3 oz
Pants - Prana Stretch Zion (khaki, brown)	14 oz	Sunglasses (backup)	0.8 oz
Shorts - Running shorts - 5"	5.1 oz	Compression Sleeves - CEP	1.3 oz
		Shorts - Running shorts - 5"	5.1 oz

### Toiletries

#### Packed (0 lbs 6.9 oz)

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

Contact case w/solution	0.4 oz	<i>Why would I carry toiletries around in my hand?</i>
Contact solution	3 oz	
Eyeglasses + microfiber case	1.3 oz	
Toothbrush	0.7 oz	
Toilet Paper	0.8 oz	
Toothpaste tablet case	0.1 oz	
4 Toothpaste tablets	0.1 oz	
0.2 Wet Wipes	0.5 oz	

### Food

#### Packed (6 lbs 1.5 oz)

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

4 Coffee - Via	0.4 oz	<i>No food in my pockets.</i>
4 Oatmeal Packet	6.4 oz	
2 Ramen Noodles	6.4 oz	
3.3805 Water (16 oz)	3 lb 8.3 oz	
Tuna packet	2.5 oz	
Chicken packet	2.6 oz	
8 Beef stick	2.6 oz	
2 Clif Shot Bloks	4.2 oz	
4 Fruit Snacks (mini bags)	3.6 oz	
Pretzels with PB	1 oz	
Kind Bars	1.3 oz	
2 Clif Bars	4.8 oz	
Raisins mini box	1 oz	
Trail Mix (1 cup)	4.3 oz	