

DUDLEY'S APPALACHIAN TRAIL GEAR - 2020

Items	Brand / Model	grams	oz
PACK			
Pack +	<u>Zpacks / Nero, 38L</u>	303	10.6
Pack / Liner	<u>Therm-a-Rest / Neo Air Pump Sack (also pad pump)</u>	100	3.5
Pack / Sit Pad +	<u>Zpacks / Nero Sit Pad (also pack pad)</u>	30	1.1
Pack / Strap / Pouch	<u>Zpacks / Shoulder Pouch</u>	14	0.5
Pack / Strap / Water	<u>Zpacks / Water Bottle Sleeve</u>	20	0.7
SLEEPING			
Pillow	<u>Big Agnes / Round Mountain (discontinued)</u>	57	2.0
Sleeping Bag	<u>Katabatic Gear / Flex 30°f 6'W</u>	610	21.4
Sleeping Pad	<u>Therm-a-Rest / Neo Air X-Lite (51 x 183cm)</u>	340	11.9
Sleeping Pad / Repair	<u>Gear Aid / Mini Repair Patches</u>	21	0.7
Socks / Sleep	<u>Copper Sole / Crew Sports Socks</u>	40	1.4
Socks / Sleep + **	<u>Goosefeet / Sleep Socks (68g)</u>	0	0.0
KITCHEN			
Food Container	<u>Ursack / Major</u>	207	7.2
Pot / Cold Soak	<u>Talenti Gelato / Empty Jar (473ml)</u>	54	1.9
Spoon	<u>Toaks / Ti Folding</u>	18	0.6
SHELTER			
Stakes	<u>Easton / Aluminum 6" x 8 (7g)</u>	56	2.0
Stakes	<u>Easton / Aluminum 8" x 2 (11g)</u>	20	0.7
Stakes / Sack	<u>Zpacks / Stake Sack</u>	4	0.1
Tent - 2 person	<u>Zpacks / Altaplex</u>	440	15.4
CLOTHING PACKED			
Base / Bottom	<u>MEC / T1</u>	154	5.4
Base / Top	<u>MEC / Merino T1</u>	160	5.6
Ditty 1	<u>Zpacks / Dry Bag / Medium</u>	20	0.7
Gloves / Shell **	<u>Zpacks / Vertice Mitts</u>	28	1.0
Gloves / Insulation **	<u>Outdoor Research / PL Base Sensor</u>	39	1.4
Hat / Warm **	<u>Peak to Plateau / Herder's Beanie</u>	50	1.8

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Jacket / Sweater	<u>Patagonia / Micro Puff - Hoody / Synthetic</u>	305	10.7
Rain / Jacket	<u>Enlightened Equipment / Visp</u>	149	5.2
Rain / Kilt	<u>Zpacks - Vertice Rain Kilt</u>	71	2.5
Shirt / Insulated **	<u>Patagonia / Capilene Light Long</u>	165	5.8
Socks / Spare	<u>Copper Sole / Crew Sports Socks</u>	40	1.4
Underwear	<u>Outdoor Research / Echo briefs</u>	57	2.0
ESSENTIALS			
Bug / Repellent	Ben's 30 Deet (<i>in small Nalgene container</i>)	34	1.2
Cream - Repackaged	Baby Cream (<i>in small Nalgene container</i>)	20	0.7
Dental Floss	Oral B / Glide - 4 m	4	0.1
Ditty 2	<u>Gossamer - Cuban Q Ditty - L</u>	9	0.3
Epipen +	Epipen (76g)	0	0.0
First Aid	<u>LiteAF bag / Small / Self Made</u>	54	1.9
Glasses	<u>Nooz / Cheaters</u>	17	0.6
Knife	<u>Victorinox / Classic</u>	21	0.7
Light - Headlamp	<u>Petzl / Bindi</u>	35	1.2
Lip Balm	Chapstick	9	0.3
Medicine	Aspirin / Benadryl / Imodium / Ibuprofen	14	0.5
Medicine / Prescription +	TBD	0	0.0
Soap	Dr Bronners / 6ml eye dropper (<i>toothpaste etc</i>)	16	0.6
Sanitizer - Repackaged	Whatever brand / in 30ml Nalgene	30	1.1
Sun - Repackaged	Aveeno Baby 50 FPS / Stick	34	1.2
Tape - Duct	<u>Lucky Duct / Duct Tape</u>	11	0.4
Toilet Paper	Kleenex / Personal Pack	24	0.8
Toilet Paper / Bag	<u>Space Bear Bags / "Poop-moji" Pouch</u>	9	0.3
Tooth Brush	Travel Brush / <u>Thumbprint Handle Toothbrush</u>	3	0.1
Trowel	<u>QiWiz UL Gear / Original</u>	13	0.5
Water Container	<u>HydraPak / UltraFlask / .6L</u>	36	1.3
Water Purify	<u>Katadyn / BeFree 1L</u>	63	2.2

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Items	Brand / Model	grams	oz
TOTAL BASE WEIGHT	(Ultra Light < 4536g or 10lbs)	Grams Pounds	4028 8.86
ITEMS WORN			
Bandana	Cotton	33	1.2
Belt	Unbranded / Nylon	100	3.5
Briefs	<u>Outdoor Research / Echo briefs</u>	57	2.0
Buff	<u>Buff</u>	37	1.3
Gaiters	<u>Outdoor Research / Running</u>	28	1.0
Hat	<u>Outdoor Research / Bucket</u>	67	2.3
Hip Pack	<u>ThruPack - Simple Bum DCF</u>	45	1.6
Knife	<u>Spyderco / Dragonfly 2</u>	35	1.2
Pants	<u>Outdoor Research / Ferrosi</u>	350	12.3
Shirt / Long +	<u>Outdoor Research / Wayward 2019</u>	61	2.1
Shirt / Short	<u>MEC / Argo</u>	176	6.2
Shoes	<u>Altra / Lone Peak 4 low RSM</u>	630	22.1
Socks	<u>Copper Sole / Crew Sports Socks</u>	40	1.4
Trekking Poles	<u>Gossamer Gear - LT5 Carbon</u>	300	10.5
Wallet	<u>Zpacks / Wallet, Cards, ID and Cash</u>	15	0.5
Watch	<u>Casio / G-Shock 3159</u>	49	1.7
TOTAL WORN		Grams Pounds	2023 4.45
CONSUMABLES			
Water	1 L	1000	35.0
Food	3 Days	1500	52.5
Fuel	3 Days	0	0.0
TOTAL CONSUMABLES		Grams Pounds	2500 5.50
EXTRAS *			
Battery	<u>Anker / PowerCore PD 20,000mHa</u>	297	10.4
Battery / Cables / Short	USB A to USB Micro / .5'	13	0.5
Battery / Cables / Short +	USB A to Lightning / .5' (11g)	0	0.0
Battery / Cables / Long	USB C to USB C / 3'	25	0.9

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Items	Brand / Model	grams	oz
Battery / Cables / Long	USB A to Lightning / 3'	20	0.7
Battery / Cables / Wall	Anker / PowerPort PD2	104	3.6
Cellphone	Apple / iPhone 11 Pro	188	6.6
Cellphone / Case	Apple / Clear Case	41	1.4
Ditty 3	Zpacks / Dry Bag / Small	14	0.5
Glasses / Prescription	Unbranded / Prescription	29	1.0
Glasses / Case	Unbranded / Plastic from eBay	28	1.0
Headphones	Apple / AirPods Pro	20	0.7
Passport +	Canada / Passport 🇨🇦	30	1.1
Passport / Case +	Zpacks / Zip Pouch	9	0.3
Storage / Data	SanDisk / iXpand 128g x 2	18	0.6
Tripod	Ultrapod / Mini	52	1.8
Tripod / Cell Mount	Manfrotto / Smartphone Mount	30	1.1
TOTAL EXTRAS	Grams Pounds	918	2.02
TOTAL WEIGHTS			
TOTAL BASE (without extras)		4028	8.86
TOTAL EXTRAS		918	2.02
TOTAL CONSUMABLES	Grams Pounds	2500	5.50
TOTAL TOTAL	Includes: 3 days food, 1L water, cold weather & extra gear	7446	16.38



* **Extras** - Mostly used for thru-hiking and is rarely used for smaller/shorter adventures.

** **Cold Weather** - Only required during the cold bits ... will be mailed home or "hiker boxed" when no longer needed.

+ **Not confirmed** - still deciding / testing

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