

Clarity's JMT Gear List and weights organized into "kits". June 25 - July 15

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| <p>Tent: Lighheart Solo Tent Middle tent bar Trekking poles 5 Aluminum Hook stakes 4 Groundhog stakes Tyvek footprint</p> <p>Pack: Dueter Pack rain cover</p> | <p>Footwear: Merrell Moab Ventilators Injinji liners (2 pair) Merino wool socks (2 pair) Warm socks for sleeping Crocs for camp shoes Superfeet insoles</p> | <p>Sleep: ThermaRest NeoAir mattress Revelation Sleeping quilt Sea to Summit pillow Emergency blanket Tenacious tape</p> |
| <p>First Aid: Diamox (altitude sickness) Adventure Medical kit with:</p> <ul style="list-style-type: none"> • Varied adhesive bandages • 2 bite/sting wipes • Neosporin • Aleve/Advil/Aspirin/Tylenol • Benadryl • Moleskin • Tweezers • Alcohol wipes • Scissors <p>Antacid Pepto pills BCP Sunscreen Eye drops Lip Balm Ben's bug spray Body Glide Gold Bond travel lotion</p> | <p>Clothes: Marmot rain jacket 1 short sleeve hiking shirt 1 long sleeve hiking shirt base layer 1 pair of hiking breakaway pants 1 pair of camp warmish leggings (can use to hike if cold enough for base layer) 2 undies 1 bra 1 beanie for cold nights Gloves Outdoor Research sunhat Eddie Bauer Cirrus Lite down jacket</p> | <p>Cooking: Titanium long-handled fork/spoon Jetboil MiniMo stove Fuel (purchase after flight)</p> |
| <p>Toilet: 2 bags of Folded Viva paper towels (as many as possible in quart sized baggie).</p> <p>Tampons (use resupply to time when needed)</p> <p>1 pack of Wet Ones wipes</p> <p>Trowel</p> <p>1 personal wipe per day</p> | <p>Data: Guthooks app Journal 1 pen, 1 pencil Anker Powercore charger Anker Powercore charger backup Charger cable for phone Outlet connector Garmin InReach Cell phone</p> | <p>Food: Instant Coffee packets Oreos Oatmeal/poptarts Clif bars Mountain House/Knorr Pasta dinners Tortillas w/ peanut butter and jelly packets Tuna packets Hot cocoa packets PB crackers Airplane size alcohol BEAR CANISTER 2 quarters (for opening canister)</p> |
| <p>Grooming: Comb Toothpaste/Toothbrush Nail clippers</p> | <p>Water: Sawyer water filtration system 2 Smartwater bottles Cleaning plunger thingy</p> | <p>Light: Headlamp</p> |
| <p>Random: 4 gallon Ziploc bags for trash & clothes 4 quart Ziploc bags for waterproofing License, credit card, cash, health insurance (all in snack sized baggie) 1 bandana 1 mask Mace Hand sanitizer Crampons? Tiny binder clip</p> | <p>Resupply contents: 2 pack Wet Ones antibacterial wipes (all resupplies) Aleve, bandaids (all resupplies) AAA batteries for headlamp (all) Razor (1st & 3rd resupply) Shave gel (1st & 3rd resupply) Face wash (1st & 3rd resupply) ALL ON FOOD LIST Hand sanitizer (MTR) Lotion (MTR) Shampoo/conditioner (1st & 3rd) Bug spray (MTR) Sunscreen (MTR) Toothpaste Tampons SW bottles (empty) Viva (all) Beer/wine Replacement ziploc bags</p> | <p>Total pack weight on longest stretch between resupply = 29.84 pounds (not including water)</p> <p>Base weight = 19.95 pounds</p> |

Weights:

| Kits: | Items: | Weights in ounces: |
|---|---|---|
| All pack stuff 64.8 oz = 4.05 lbs | Dueter pack 70L Pack rain cover | 60.0 4.8 |
| All tent stuff 34.5 oz = 2.16 lbs | Lightheart Solo Tent = 5 Aluminum Hook stakes 4 Groundhog stakes Tyvek footprint | 27.0 0.5 each (2.5) 0.5 each (2) 3.0 |
| All footwear 13 oz = 0.81 lb <i>*Did not include the shoes and socks on my feet while hiking</i> | Merrell Moab Ventilators = Berry Superfeet Inserts = Injinji liners (2 pair) = Merino wool socks (2 pair) = Warm socks for sleeping = Crocs for camp shoes = | 22.0 2.0 3.2 4.0 3.0 6.4 |
| All sleep 36.6 oz = 2.28 lb | Revelation Sleeping quilt = ThermaRest NeoAir mattress = Tenacious tape = Sea to Summit Pillow = Emergency Blanket = | 20.0 12.0 1.6 2.5 1.6 |
| All First Aid 13.1 oz = 0.82 lb | Adventure Medical kit = Ben's bug spray = (consider only half?) Body Glide = Sunscreen = Lip balm = Gold Bond travel lotion = Eye drops = Random meds (BCP, Pepto, Tums) | 3.7 3.4 0.8 1.0 1.0 1.2 1.0 1.0 |
| All clothing 53.8 oz = 3.36 lbs <i>Depends on what is being worn in each given moment. I'll usually be wearing at least 20 of these ounces while hiking which will not count towards pack weight.</i> | Marmot rain jacket = 1 pair of hiking breakaway pants = Cold weather leggings (camp or hiking) 1 short sleeve hiking shirt = 1 long sleeve shirt base layer = Outdoor Research sunhat = Eddie Bauer Cirrus Lite down jacket = Beanie = Gloves = 2 undies = 1 bra = 1 fleece shirt for sleep = | 11.4 10.0 9.0 6.4 3.2 2.3 10.2 6.0 4.0 1.5 10.0 |
| All Cooking 27.4 oz = 1.71 lbs | Jetboil MiniMo stove = Titanium long-handled fork/spoon = Fuel (8oz)= | 14.0 0.4 13.0 |
| All toiletries 18.5 oz = 1.2 lb | 2 Baggies of Viva = 1 pack wet ones antibacterial wipes = Trowel = 1 Summer's Eve Wipe per day | 7.2 3.7 1.6 6.0 |
| All grooming 2.9 oz = 0.18 lb | Comb = Toothpaste = Toothbrush = Nail clippers = | 1.0 0.9 0.8 0.2 |
| All food w/ canister: Leg 1 - 128.1 oz = 8 lb Leg 2 - 105 oz = 6.7 lb Leg 3 - 158.9 oz = 9.9 lb Leg 4 - 103.8 oz = 6.5 lb | Bear-i-Kade Bear Canister = Mt. House dinners = 4, 3, 6, 3 Pack of Oreos = Oatmeal packets = 4, 2, 6, 2 Coffee packets = 5, 4, 7, 4 Clif bar = 5, 4, 6, 3 Tortillas = 5, 4, 6, 3 Jif singles = 3, 3, 4, 2 Jelly packets = 3, 3, 4, 2 Hot cocoa packets = 3, 2, 4, 2 Poptarts = 2, 1, 3, 2 PB crackers = 3, 2, 5, 3 Snickers = 1, 1, 3, 1 Tuna packets = 2, 1, 2, 1 Guilty pleasures = 3, 2, 4, 3 2 quarters = Trolli gummies (3rd leg only) | 31.0 4.0 each (16, 12, 24, 12) 14.3 each pack 1.0 each (4, 2, 6, 2) 0.3 each (1.5, 1.2, 2.1, 1.2) 2.4 each (12, 9.6, 14.4, 7.2) 2.0 each (10, 8, 12, 6) 1.5 each (4.5, 4.5, 6, 3) 0.5 each (1.5, 1.5, 2, 1) 1.4 each (4.2, 2.8, 5.6, 2.8) 3.7 each pack (7.4, 3.7, 11.1, 7.4) 1.5 each pack (4.5, 3, 6, 4.5) 2.0 each (2, 2, 6, 2) 2.6 each (5.2, 2.6, 5.2, 2.6) 3.2 each (9.6, 6.4, 12.8, 6.4) 0.4 7.2 |
| All data 35.9 oz = 2.24 lb | Journal Charger Anker 20k Anker Powercore charger backup Cables Cell Garmin-Inreach Pen/pencil Outlet connector | 1.4 12.5 2.8 3.0 5.3 7.5 1.0 2.4 |
| Water 6.4 oz = 0.4 lbs | 2 Smart Water Bottles = Sawyer squeeze = Cleaning plunger thingy = | 1.2 each (2.4 for 2) 3.0 1.0 |
| Light 2.9 oz = 0.18 lbs | Petzl Tactikka headlamp = | 2.9 (w/ batteries) |
| All random | 4 gallon baggies (trash and clothing) = | 0.2 each (0.8) |

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| 8.8 oz = 0.55 lb | 4 quart baggies (waterproofing) = Small binder clip = Ice axe/ Crampons??? (hope not) Snack baggie w/ license, cash, credit card, health insurance 1 bandana 1 disposable mask Mace Hand Sanitizer | 0.1 less than (2) 0.1 1.0 1.5 1.0 2.4 |
| Max Total weight on longest leg between resupply: 477.5 oz = 29.84 lb Base weight: 19.95 lbs | <i>*Missing water weight, crampons and ice axe (if needed) and camera if I decide to take one.</i> | |

Packing list for days before and after hike:

Suitcase:

Day hike stuff:

- 1 day pack (Jansport)
- Snacks (grab a sandwich day before perhaps?)
- 2 Smartwater bottles (purchase after arrival)
- Water filter
- TP
- Emergency blanket
- Headlamp
- Rain jacket
- Ziploc bag for trash
- Dayhike clothes - leggings, green tshirt, green/blue socks plus old liners (NOT what I'll wear on my thru). Include puffy if cold.

In-town stuff:

- 3 pairs leggings
- 1 pair jeans
- 3 t-shirts
- 1 long sleeve shirt
- 3 pairs of undies, 3 pairs of regular socks
- PJ pants/shirt
- Makeup
- Hairbrush
- Straightener
- Face wash
- Soap
- Shampoo/conditioner
- Toothpaste/toothbrush
- Floss
- Dirty clothes trash bag
- Tennis shoes
- Flip flops?

Deuter:

- Pack for trail leg 1.