

## Donkey Legs Gear List for Appalachian Trail

	<b>g</b>	<b>oz</b>	<b>lbs</b>
<b>Pack</b>			
Pack (Go-Lite - Pinnacle - Large - Palm)	768	27.1	1.69
Hydration Hose	67	2.4	0.15
Hydration Packs (2x2L)	51	1.8	0.11
Pack Liner (1 Trash Bag)	20	0.7	0.04
<b>Sub Total</b>	<b>906</b>	<b>32.0</b>	<b>2.00</b>
<b>Packed Clothing</b>			
Camp shoes (Croc knock offs)	314	11.1	0.69
Sleeping Thermals (Silk lightweight)	238	8.4	0.52
Rain Jacket (DriDucks Micropore)	190	6.7	0.42
Rain Pants (DriDucks Micropore)	127	4.5	0.28
Spare Socks (SmartWool Trekking Heavy)	99	3.5	0.22
Sleeping socks (Wyoming Wear)	53	1.9	0.12
Stuff Sack (Granite Gear UL 5"x12.5")	16	0.6	0.04
<b>Sub Total</b>	<b>1037</b>	<b>36.6</b>	<b>2.29</b>
<b>Shelter/Sleep System</b>			
TarpTent (Contrail)	695	24.5	1.53
Sleeping Pad (Exped DownMat 7)	668	23.6	1.47
Quilt (Backpacking Light UL 180)	504	17.8	1.11
Insulating Jacket (Cocoon UL 60 Hoody)	273	9.6	0.60
Insulating Pants (Cocoon UL 60 Pants)	193	6.8	0.43
Stuff Sack (Granite Gear UL 8"x18.5")	30	1.1	0.07
Groundsheet (Gossamer Gear Polycryo)	47	1.7	0.10
<b>Sub Total</b>	<b>2410</b>	<b>85.0</b>	<b>5.31</b>
<b>Cooking and Water Filtration</b>			
Stove (Caldera Stove System - Antigravity 3 Cup)	347	12.2	0.77
Water Filter (Gravity ULA Equipment + bottle adapter)	222	7.8	0.49
Bear Bag System (Ursalite) / Food bag	85	3.0	0.19
Waterproof Matches (1 pack - 40 matches)	10	0.4	0.02
Spork (Light my Fire)	8.2	0.3	0.02
<b>Sub Total</b>	<b>672.2</b>	<b>23.7</b>	<b>1.48</b>
<b>Entertainment and Maps</b>			
iPod Classic (160Gb 40hr battery)	158	5.6	0.35
iPod Wall Charger	35	1.2	0.08
MintyBoast (field iPod charger)	15	0.5	0.03
Retractable Cable	13	0.5	0.03
Aloksak (4x5)	5	0.2	0.01
<b>Sub Total</b>	<b>226</b>	<b>8.0</b>	<b>0.50</b>
<b>Photography</b>			
Camera (Nikon Coolpix L14 with 1Gb SD and Lithum batteries)	162	5.7	0.36
Tripod (GorillaPod)	45	1.6	0.10
Spare Batteries (2xLithum)	29	1.0	0.06
SD Card Reader	12	0.4	0.03
Aloksak (4x5)	5	0.2	0.01
<b>Sub Total</b>	<b>253</b>	<b>8.9</b>	<b>0.56</b>
<b>First Aid and Hygiene</b>			
Foot Powder (aka Baking Powder)	75	2.6	0.17
Dr Bronner's Peppermint Soap	58	2.0	0.13
Towel (MSR PackTowl Ultralite)	51	1.8	0.11
Toilet Paper (1 roll with dispenser)	35	1.2	0.08
Body Glide	31	1.1	0.07
Alcohol Pads (20)	24	0.8	0.05

Molefoam	17	0.6	0.04
Hand Sanitizer	14	0.5	0.03
Nail Clippers	13	0.5	0.03
Hand Lotions (6)	8	0.3	0.02
Tweezers	6	0.2	0.01
Floss	5	0.2	0.01
Sterile Pad (5)	5	0.2	0.01
Triple Antibiotic Ointment (5)	5	0.2	0.01
Needle	0	0.0	0.00
<b>Sub Total</b>	<b>347</b>	<b>7.5</b>	<b>0.47</b>
<b>Tools</b>			
Headlamp (Petzl Tikka XP with 3 rechargeable batteries)	88	3.1	0.19
Writeable pad	20	0.7	0.04
Envelope Sack (Granite Gear)	19	0.7	0.04
Mesh bag	19	0.7	0.04
Bunge cord	19	0.7	0.04
Scissors	9	0.3	0.02
Sharpie	9	0.3	0.02
Hooks (2x)	7	0.2	0.02
Retractable Pencil	5	0.2	0.01
Ear Plugs (6 sets)	2	0.1	0.00
<b>Sub Total</b>	<b>197</b>	<b>6.9</b>	<b>0.43</b>
<b>Pack Total</b>	<b>6048.2</b>	<b>213</b>	<b>13.33</b>

	<b>g</b>	<b>oz</b>	<b>lbs</b>
<b>Worn Clothing</b>			
Shoes (Merrell)	1068	37.7	2.35
Trekking Poles (Komperdell C3 Carbon)	361	12.7	0.80
Micro-Fleece (Haager)	275	9.7	0.61
Convertible Pants (ExOfficio Buzz Off)	271	9.6	0.60
Base Layer (Icebreaker Mondo Zip T)	239	8.4	0.53
Wind Jacket (Marmot Driclime)	232	8.2	0.51
Gloves	146	5.1	0.32
Lycra Shorts	100	3.5	0.22
Socks (SmartWool Trekking Heavy)	99	3.5	0.22
Beanie	72	2.5	0.16
Watch (Suunto X3HR)	46	1.6	0.10
Glove Liners	37	1.3	0.08
<b>Total</b>	<b>2946</b>	<b>104</b>	<b>6.49</b>