

Glen's Gear List - Paria Canyon
 April 2019 sunny, highs near 70, lows to 40

item	description / notes / rationale	in pack	wear / carry	consume	maximum on back
PACK - SHELTER - SLEEPING					
backpack	Gossamer Gear (GG) Murmur - no belt, shoulder strap	10.0			
waterproof pack cover	Mylar bag	1.0			
sleeping pad	GG Thinlight 3/8" - 30" l, 12-16" w	2.1			
insulation pad	none	0.0			
shelter	GG Cuben Wedge	2.7			
shelter support (poles, etc.)	(Using trekking poles)	0.0			
shelter stow sack	None	0.0			
stakes	2 Ti V-stakes, 4 Easton FMJ	1.7			
stake bag	None	0.0			
guylines	Included in shelter weight	0.0			
sleeping bag (no stuff sack)	GG Sleeplight Plus long	20.6			
ground sheet or bivy sack	GG Polycryo small	1.2			
CLOTHING					
underwear - bottoms	Ex Officio Sport briefs		2.6		
base / wicking layer top	KUIU Ultra Merino 145 zip-T		8.3		
base / wicking layer bottom	REI convertibles (tall)		13.2		
insulating top	Montbell Ex Light down jacket L	5.7			
insulating bottoms	Patagonia capiline	7.5			
raingear (hard shell) top	Berghaus Hyper Jacket XL	3.2			
raingear (hard shell) bottoms	Zpacks CloudKilt	1.9			
waterproof glove shells	Outdoor Research	0.0			
windgear (soft shell) top	Mountain Hardware Ghost	0.0			
camp shoes	Whisperer Anorak	0.7			
warm gloves	Icebreaker wool	0.9			
warm hat	Zpacks fleece	1.0			
sun hat	Tilley		3.3		
sun gloves	Gorilla gloves		1.0		
neck protection	Bandanna		0.9		
socks	Wright double-layer	1.3	1.3		
spare socks	Rocky Gore-tex socks		3.0		
gaiters	Simblissity Levagaiters		0.0		
sleeping socks	Fleece	1.8			
shoes	Altra Lone Peak waterproof		25.4		
clothing stuff sack	Cuben fiber (Zpacks)	0.3			
COOKING - WATER					
stove	Trail Designs gram cracker	0.1			
windscreen	Trail Designs Caldera Ti-Tri	0.9			
fuel bottle	none - fuel tabs	0.0			
matches / lighter	paper matches	0.1			
cook pot	Zelph Fosters with drink band	1.1			
cook pot lid	Zelph Fosters lid	0.2			
cook kit stuff sack	homemade cuben fiber with insulation	0.4			
utensils	GG long bamboo spoon	0.5			
food storage bag	homemade spinnaker	0.6			
bear bag hang system	aloksak	0.0			
bear bag hang system	60' spectra 725 line, garlic bag, mini biner	0.0			
water storage	1 l Smart Water bottle	1.6			
water storage	2+ liter Platy	1.5			
water storage	1 liter Platy	1.3			
water storage	Platy drinking tube	2.7			
water storage	2.5 gal container	1.9			
water treatment	NaClO in mini dropper bottle	0.4			
MISCELLANEOUS ITEMS					
signalling	whistle on lanyard		0.2		
headlamp	Petzl Bindi	1.2			
group light	LuminAID	2.6			
blade	Mini snips (carried on lanyard)		0.2		
trekking poles	GG Lightrek 5 no straps		9.2		
headnet	petersheadnets.com	0.0			
bug dope	None	0.0			
sun	mini tube spf 30 plus mini lip balm	0.7			
toothbrush	GG Finger toothbrush and floss	0.2			
toothpaste	(use Dr. Bronner's)	0.0			
hygiene	Dr. Bronner's soap	0.2		0.1	
toilet paper	1/2 disposable shop towel per day	0.6			
hygiene	micro bottle alcohol gel	0.1		0.2	
LNT kit	WAG bag	2.0			
small items bag	Cuben fiber (Zpacks)	0.1			
blister & minor wound care	antibiotic, bandaids, compeed, etc	0.9			
meds	lmodium, Tums, tylenol pm, naproxen, etc	0.8		1.0	
tweezers		0.1			
notes	Rite in the Rain page, Nanopen	0.2			

reading glasses	i4u lenses	0.2	
firestarting kit	Sparker and tinder	0.2	
repair	8" duct tape, needle/thread, safety pin	0.2	
sunglasses	Silhouette prescription titanium		0.4
watch	Suunto CORE		2.4
compass	(on watch)	0.0	
documentation	iPhone8		5.2
emergency	Garmin InReach Mini	3.4	
camp chair	Litesmith	2.8	
maps and permits		3.0	

CONSUMABLES

food - snacks	2.5 days at 1.6 lbs. per day	64.0
water	2 L average carried	64.0
fuel (esbit)	0.5 oz. per day (hot dinners only)	1.0