I try not to spend a fortune on the latest and greatest, but just piece it together, over years, from thrift stores, REI sales, Christmas gifts, and whatever I already have. And I always find that figuring out the food is a lot harder than the gear. I would encourage people to take what they’ve got, borrow what they can, and just give it a go on a short trip so they can figure out what worked and what didn’t.

## Backpacking Gear

### Pack System

<table>
<thead>
<tr>
<th>Item</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pack</td>
<td>Gregory Deva 60</td>
</tr>
</tbody>
</table>

### Hiking Hat

- Smart Wool long sleeve
- Eiger cap
- Sun cap with a bill

### Socks

- Smart Wool long sleeve or shorts

### Sleep System

<table>
<thead>
<tr>
<th>Item</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tent</td>
<td>REI Quarter Dome</td>
</tr>
<tr>
<td>Pad</td>
<td>Exped Air</td>
</tr>
</tbody>
</table>

### Clothing System

- Smart Wool long sleeve or shorts
- Sport Jacket
- Cotton T-shirt
- Long sleeve shirt/sleeveless shirt | SUE | Red | Blue |

### Footwear System

- Merrell Moab
- Smart Wool with Injinji liners
- Lowa Gortex
- Merrell Ventilato | SUE | Black | Grey |

### Outdoor Gear

- Jet Boil
- Pocket Rocket for 1-4 day trips, don't cook for long trips
- Fire starter
- Pocket Blender & snow stake
- Old “Crystal Springs” bottles

### First Aid

- First Aid Kit
- Pedi BBQ
- Froggs Toggs lightweight wicking synthetic short sleeve T, thermal jacket, fleece pants, layers | SUE | Red | Black |

### Water Treatment System

- RepVira & Sawyer mini squeeze filters
- Kona Mix I recently converted from filter | SUE | Blue | Grey |

### Type of Bottle

- Camelbak Pack
- REI Light Year 1 person | SUE | Blue | Grey |

### Sleeping Bag

- Big Agnes Fly Creek UL2 2 person
- Big Agnes Fly Creek UL2 for 1 person | SUE | Grey | Blue |

### Food

- Backpacking food
- Protein bars
- Old Navy Active Go Dry | SUE | Grey | Black |

### Other

- Baseball cap
- Gloves or mittens depending on season
- Trash bag | SUE | Blue | Black |

### Additional comments:

I would encourage people to take what they've got, borrow what they can, and just give it a go on a short trip so they can figure out what worked and what didn’t.
<table>
<thead>
<tr>
<th>Item</th>
<th>Description/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Base Weight of Pack/Gear/food, water, or fuel</strong></td>
<td>11 lbs</td>
</tr>
<tr>
<td><strong>Length of typical backpacking trip</strong></td>
<td>~11 lbs</td>
</tr>
</tbody>
</table>