

Perishables:

- Food
- Water

Basics: (14 oz w/o watch, money/id, GPS)

- Water treatment / Tablets
- Flashlight
- Matches
- Map (waterproof container)
- AT detail sheet
- Knife
- Money/ID
- Watch
- Extra garbage/storage bags
- Permits
- GPS + extra batteries

Weather/Sun

- Sunglasses
- Sunscreen

Weather/Cold:

- Fleece
- down vest
- Crampons
- Long Underwear
- Cocoon sack 4 5/8 oz

Weather/Rain:

- Rain Jacket
- Rain Pants
- Pack cover 5 1/8 oz

Weather/bugs:

- Hat netting.
- Bug Spray

Hiking:

- Bandana
- Hat
- Camera/film/battery
- Polls

Clothes:

- Hiking pants with zip off legs
- Underwear
- Swimsuit
- 2 Hiking shirts
- 2 pair hiking socks
- Boots
- Bandana

Sleeping:

- Pillow
- Sleeping pad (UL4 20 oz)
- Sleeping bag 30 degree (46 5/8 oz)
- Tent (48 oz)
- Tent Footprint (5 oz with case)

Eating: 17 ¼ oz (+ fuel)

- Cup
- Spoon
- Soap/wash rag.
- Cookware
- Matches
- Stove
- Fuel for stove
- Toothbrush, toothpaste, floss

Emergency: 6 ¾ oz (- firestarter)

- Firestarter
- Leatherman
- Wire.
- Duct tape.
- 100' Cord
- Extra flashlight.
- Fishing line

First aid: 7oz

- Band-Aids
- Neosporin
- Cut strips
- Tape
- Gauze
- Alcohol wipes
- Bite ease
- Tweezers
- Medicine (IB, etc)
- Vaseline
- Moisturizer
- Moleskin
- Blister stuff (2nd skin)
- Eye drops
- Razor blade

Personal Care/Toiletry: 6 ¾ oz, 2 ¾ oz (no towel)

- Toilet paper
- Trowel
- Washcloth/zip lock wash bag/soap
- Towel
- Comb
- Deodorant

Entertainment:

- MP3/Charger/Battery
- Book