

My AT March 2023 Gear Checklist			
☐	Main Pack (> 50 L) (ULA) Ohm 2.0 Backpack w/ Belt Large [990 g]	1	990 g 2 lb 3 oz
☐	Pack Accessory 1 Nyloflume Pack Liner [28 g]	1	28 g 1 oz
Packs: 1018 g 2 lb 4 oz			
☐	Tent / Shelter Component 1 X-Mid 1P (Tarp/Tent) [515 g]	1	515 g 1 lb 2 oz
☐	Tent / Shelter Component 2 X-Mid 1P (Inner Tent w/DCF Floor) [305 g]	1	305 g 11 oz
☐	Extra Stakes 6 titanium stakes [41 g]	1	41 g 1 oz
☐	Guylines 4 Hedgehog stakes w/ bag [39 g]	1	39 g 1 oz
☐	Other Accessory 1 Chamois Cloth [6 g]	1	6 g 0 oz
Shelter: 906 g 2 lb 0 oz			
☐	Sleeping Bag Warbonnet Quilt w/ stuff sack 20 Degree [690 g]	1	690 g 1 lb 8 oz
☐	Sleeping Pad Nemo Tensor Insulated Pad Wide [600 g]	1	600 g 1 lb 5 oz
☐	Sleeping Pillow Trekology Pillow Large [108 g]	1	108 g 4 oz
☐	Hammock Accessory 1 Custom Pad Strap [17 g]	2	34 g 1 oz
Sleeping: 1432 g 3 lb 3 oz			
☐	Hard-shell Jacket Outdoor Research Helium Jacket XL [208 g]	1	208 g 7 oz
☐	Synthetic Loft Jacket Enlightened Equipment Torrid Jacket XXL [240 g]	1	240 g 8 oz
☐	Light-weight Base Layer Bottom 1 Dr Skin XXL [139 g]	1	139 g 5 oz
☐	Hiking Shirt 1 Polyester Long Sleeve Shirt XXL [209 g]	1	209 g 7 oz
☐	Hiking Shirt 2 Wool T-Shirt XXL [213 g]	1	213 g 8 oz
☐	Shorts 1 Nike Men's Dri-Fit Running Shorts XL [128 g]	1	128 g 5 oz
☐	Underwear 1 ExOfficio Give-N-Go Briefs - Men's XL [92 g]	2	184 g 6 oz
☐	Socks 1 Darn Tough 1/4 Crew Large [65 g]	1	65 g 2 oz
☐	Socks 2 Darn Tough Mid Light Cushion Large [55 g]	1	55 g 2 oz
☐	Bandana Bandana [27 g]	1	27 g 1 oz
☐	Brimmed Hat Outdoor Research Ball Cap [55 g]	1	55 g 2 oz
Clothing: 1523 g 3 lb 6 oz			
☐	Water Bottle 1 Life WTR 590 ml [35 g]	1	35 g 1 oz
☐	Water Bottle 2 Vapur Bottle 1 L [42 g]	2	84 g 3 oz
☐	Water Bottle 3 Platypus Water Scoop [18 g]	1	18 g 1 oz
☐	Food Container 5 Bear Bag Kit [29 g]	1	29 g 1 oz
Food & Water: 166 g 6 oz			
☐	Stove Trail Designs Stove [44 g]	1	44 g 2 oz
☐	Stove Accessory 1 DIY Puffin Alcohol Burner [11 g]	1	11 g 0 oz
☐	Stove Accessory 2 DCF Stove Sack [4 g]	1	4 g 0 oz
☐	Fuel Bottle 1 Plastic Fuel Bottle 10 oz [24 g]	1	24 g 1 oz
☐	Fuel Bottle 2 Fuel Cup 1 oz [2 g]	1	2 g 0 oz
☐	Cooking Pot TOAKS LIGHT Titanium 650ml Pot 650ml [80 g]	1	80 g 3 oz
☐	Cooking Utensil 1 Sponge [2 g]	1	2 g 0 oz
☐	Cooking Utensil 2 Spatula (Silicone) End Piece [12 g]	1	12 g 0 oz
☐	Cooking Utensil 3 Hyperlite MG Food Cozy [42 g]	1	42 g 1 oz
☐	Spoon / Spork Sea to Summit Long Handle Spork [12 g]	1	12 g 0 oz
☐	Cup 1 Snow Peak Titanium Double Wall Cup 450 [119 g]	1	119 g 4 oz
☐	Dish Soap Soap [22 g]	1	22 g 1 oz
Cooking & Dining: 374 g 13 oz			
☐	Water Filter SteriPEN Ultra Regular [136 g]	1	136 g 5 oz
☐	Water Purification Aquamira Water Treatment Drops Custom Kit [32 g]	1	32 g 1 oz
Water Treatment: 168 g 6 oz			
☐	GPS Garmin inReach Mini [100 g]	1	100 g 4 oz
Navigation: 100 g 4 oz			
☐	Headlamp / Flashlight 1 NiteCore Headlamp w/ custom strap [37 g]	1	37 g 1 oz
☐	Headlamp / Flashlight 2 Mini-Light [5 g]	1	5 g 0 oz
☐	Matches Matches [9 g]	1	9 g 0 oz
Lighting: 51 g 2 oz			
☐	Pocket Knife Spyderco Hummingbird Knife NA [17 g]	1	17 g 1 oz
Tools: 17 g 1 oz			
☐	Camera Batteries Battery Bank 15,000 mAh [280 g]	1	280 g 10 oz
☐	Camera Accessory Charging Cube [33 g]	1	33 g 1 oz
☐	Headphones Bone Conduction HP and MP3 [33 g]	1	33 g 1 oz
☐	Computer Accessory 1 Charging Cables [32 g]	1	32 g 1 oz
Other Electronics: 378 g 13 oz			
☐	Toilet Paper Toilet Kit [97 g]	1	97 g 3 oz
☐	Toothbrush Personal Kit [54 g]	1	54 g 2 oz
☐	Hand Sanitizer Hand Sanitizer [28 g]	1	28 g 1 oz
☐	Camp Towel PackTowl Personal Towel M [28 g]	1	28 g 1 oz
☐	Freshette Hair Brush [20 g]	1	20 g 1 oz
Personal Health & Hygiene: 227 g 8 oz			
☐	First-aid Kit First Aid Kit [56 g]	1	56 g 2 oz
First-Aid: 56 g 2 oz			
☐	Repair Kit Repair Kit [15 g]	1	15 g 1 oz
☐	Repair Piece 1 Gorilla Tape / Duct Tape 4 cm x 1 m [11 g]	1 m	11 g 0 oz
Repair: 26 g 1 oz			
☐	Tripod 1 StickPic iPhone Holder [28 g]	1	28 g 1 oz
☐	Tripod 2 Ultra-Pod [51 g]	1	51 g 2 oz
☐	Other Accessory 1 Wireless Mic Set [20 g]	1	20 g 1 oz
Photography: 99 g 3 oz			
☐	Stuff Sack 1 ZPacks Pillow Sack [43 g]	1	43 g 2 oz
☐	Stuff Sack 2 UHMW Ditty Bag [7 g]	1	7 g 0 oz
☐	Stuff Sack 3 UHMW Clothes Bag [15 g]	1	15 g 1 oz
☐	Stuff Sack 4 REI Net Bag (Laundry) Small [15 g]	1	15 g 1 oz
☐	Stuff Sack 5 DCF Electronics Pouch [9 g]	1	9 g 0 oz
Stuff Sacks & Organizers: 89 g 3 oz			
☐	Wallet Wallet [24 g]	1	24 g 1 oz
Personal Items: 24 g 1 oz			
☐	Miscellaneous 2 Snow Peak Trekking Umbrella [145 g]	1	145 g 5 oz
☐	Miscellaneous 4 Spectra Pack Hanger [4 g]	1	4 g 0 oz
Miscellaneous: 149 g 5 oz			
Pack Total: 6.80 kg 15 lb 0 oz			