

All the stuff I brought on my 3-day, 2-night Dolly Sods backpacking trip where temps ranged from 28F to 52F, winds varied from 8MPH up to 35MPH, and precipitation was limited to rain.

Gear

I am not an ultralight packer, but I still try to bring things that won't weigh me down.

- 48L Osprey Kestrel backpack
- REI quarter dome tent and footprint
- 5 MSR mini ground hog stakes (in place of the ones that come with the quarter dome)
- Therm-a-Rest NeoAir XLite Sleeping Pad
- Therm-a-Rest Z seat pad
- Exped inflatable pillow
- North Face zero down bag
- Sea to Summit Reactor Thermolite Mummy Bag Liner
- 32oz Nalgene bottles x 2
- Neoprene bottle holder
- Black Diamond Storm 350 lumen headlamp with 4 AAA lithium ion batteries
- Kershaw fixed blade
- Gerber folding knife
- 1L dry sacks x 3
- 4L dry sack
- 20L dry sack
- Black Diamond Ergo Cork hiking poles
- 15" Sven saw
- Compass
- Map of area printed on waterproof paper
- Garmin 920XT
- Sawyer water filter and flush
- 32oz water filter pouch
- MSR WindBurner Stove with French Press
- MSR IsoPro fuel (4 oz)
- Titanium spork
- Titanium coffee mug
- Fire starters (cotton balls coated in Vaseline work well)
- Soto torch with Bic lighter
- Flint and strike stick
- First Aid kit
- Hand towel
- 2 Carabiners (one for my neoprene holder and one for bear bag)
- 2 Sea to Summit 3/8" accessory straps (I use one for a belt)
- 50' of orange paracord
- Phone/Camera
- Hand warmers x 2

Toiletries

Some folks favor baking soda over toothpaste. I'm not one of those people. Also, don't judge me for bringing a compact. I have to see my eyeball in order to put in my contacts.

- Contact case w/solution
- Toothbrush
- Toothpaste
- Toilet Paper
- Eyeglasses + case
- Compact
- Hand sanitizer

Clothing

I keep a watchful eye on the forecast and make my clothing choices 1 or 2 days before a trip.

- Winter hat
- Billed, running hat
- Sunglasses
- Windproof Buff (can be worn in different ways to cover your face, neck and head)
- Wicking T-shirt short
- Long sleeve mid-layer
- Kuhl Spyfire down hoodie
- North Face Resolve rain jacket
- Waterproof winter gloves
- Rain pants
- Kuhl softshell pants
- Long underwear
- Outdoor Research gaiters
- 3 pairs of underwear/compression shorts (smelling fresh is great!)
- 3 pairs of socks
- Asolo waterproof boots

Food

I tend to bring steaks or brats and potatoes or corn on trips for the first night if fires are allowed and the weather outlook is good.

- Clif bars x 3
- Sport beans x 2
- Tuna pouches x 2
- Mountain house x 2 (I fancy the beef stroganoff)
- Beef jerky (8 oz)
- Packet of powdered Gatorade x 1

- Coarse ground coffee (2 cups)
- Dry oatmeal (2 cups)

Actual pack weight with water was just over 27 pounds