

The stuff I brought on my 3-day, 2-night Cold Mountain Loop backpacking trip in late April where rain and wind dominated the forecast.

Gear

Weight is always a concern of mine. The weather gave me justification to bring a larger, heavier rain tarp, and the bear can requirement made me find a way to reduce my pack by the can's 2 pound contribution.

- 50L Osprey Atmos backpack
- Osprey UltraLight raincover
- Bear Vault BV450
- Tile (locator for BV450)
- GPS Radio
- Eno Hammock
- Eno ProFly XL
- Eno Gear Underbelly
- Atlas Straps (for hammock)
- 4 MSR mini groundhog stakes
- Therm-a-Rest NeoAir XLite Sleeping Pad
- Therm-a-Rest Z seat pad
- Exped inflatable pillow
- Eno Top Quilt
- 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
- Buck fixed blade
- Gerber folding knife
- 1L dry sacks x 3
- 4L dry sack
- 20L dry sack
- Black Diamond Ergo Cork hiking poles
- Compass
- Map printed on TerraSlate waterproof paper
- Garmin 920XT
- Sawyer mini water filter, flush, and straw
- 32oz water filter pouch & rubber band
- MSR WindBurner Stove
- MSR IsoPro fuel (4oz)
- Titanium spork
- Titanium coffee mug
- Soto pocket torch with Bic lighter
- First Aid kit (weekender)

- Hand towel
- 2 Carabiners
- Sea to Summit 3/8" x40" accessory strap
- 50' of orange paracord
- Phone/Camera
- AT Game (fun to play)

Clothing

Temps were forecasted between the low 50s to upper 70s, and rain and wind were going to be an issue.

- Running hat
- Sunglasses
- Windproof Buff
- Wicking T-shirt short
- Salomon long sleeve mid-layer
- Kuhl Spyfire down hoodie
- Mammut Wenaha rain jacket
- Rain pants
- Kuhl Radikl shorts
- Belt
- Brooks Cascadia 11 trail runners
- Salomon running gaiters
- Compression shorts x 2
- WrightSock crew socks 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

Food

I don't deviate from this list too often. My actual choice of the type of food is often determined by miles and elevation gain. For this trip I opted for high calorie items whenever I could.

- Mountain House ProPak x 2

- Clif Bars x 2
- Sport Beans x 2
- Tropical Trail Mix (2 cups)
- Via Coffee x 4
- Oatmeal packets x 3
- Tuna x 2
- Dry Gatorade packet x 1

Actual pack weight with water was just under 30 pounds.