

The stuff I brought on my 3-day, 2-night Crawfish and Channel Rock Lollipop backpacking trip in late June where rain and heat dominated the forecast.

Gear

My 34L pack and need to use a hammock helped influence the gear I selected for the trip.

Packed

- Backpack - Osprey Stratos 34L
- Exped inflatable pillow (M)
- Sea to Summit Reactor Thermolite Mummy Bag Liner
- Therm-a-Rest NeoAir XLite Sleeping Pad
- Therm-a-Rest Z seat pad
- Hand towel
- MSR IsoPro Canister 4 oz
- MSR WindBurner Stove
- Titanium coffee mug
- Titanium spork
- Firestarter - Flint/Steel stick
- Firestarter - Soto Torch and lighter
- Firestarters - Cotton ball/Vaseline
- Firestarters - rectangular sticks
- Nalgene 32oz bottle x 2
- Neoprene bottle holder
- Sawyer 32oz pouch & rubber band
- Sawyer mini water filter
- Headlamp - Black Diamond Storm 350 lumen w/4 AAA batteries
- Black Diamond Ergo Cork hiking poles
- Black Diamond rubber pole tips (pair)
- Carabiners - Black Diamond Neutrino x 2
- 1L Dry Sack x 3
- 13L Dry Sack
- 20L Dry Sack
- Helinox Chair Zero
- Paracord 50' (orange/reflective)
- Poop trowel
- Straps - Sea to Summit 3/8" x 40" accessory straps
- Compass
- First Aid kit - Weekender
- Knife - Kershaw fixed blade
- Eno DoubleNest Hammock w/ 2 carabiners
- Eno Guardian Bug Net
- Eno Helios Straps

- Eno ProFly rain tarp
- MSR Ground Hog Stake x 4

Worn/On Person

- Route map
- Garmin 920XT
- Phone/Camera
- Knife - Gerber folding

Clothing

Temps were forecasted between low 60s to upper 80s with rain.

Worn/On Person

- Shirt - Wicking Tee
- Brooks Cascadia 11 trail runners
- Gaiters - Salomon running gaiters
- Socks - WrightSock CoolMesh II Crew
- Lightweight Buff
- Oakley sunglasses
- Shorts - Kuhl Radikl Shorts
- Underwear - ExOfficio Sport Mesh Boxer
- Belt

Packed

- Marmot Wenaha Rain Jacket
- Long Sleeve shirt
- Running hat
- Pants - REI rain pants
- Underwear - ExOfficio Sport Mesh Boxer
- Socks - Darn Tough Micro Crew

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.

- Coffee - Via x 4
- Oatmeal Packet x 2
- Mountain House Italian Pepper Steak
- Mountain House Pro-Pak - Stroganoff
- Water (64oz)
- Tuna packet - Hickory
- Tuna packet - Yellowfin in olive oil
- Clif Bars x 2
- Dry Gatorade packet
- Gatorade Chews x 2
- Sport Beans x 2
- Trail Mix (1 cup)

Actual pack weight with water was 25 pounds 14.6 ounces.