

**COASTAL TRAIL GEAR LIST - APRIL 2009**

Base Pack Weight			Items and Clothing Worn		
CARRIED GEAR			CLOTHES WORN DURING HIKING		
	TYPE (BRAND, STYLE)	WEIGHT (OZ)		TYPE (BRAND, STYLE)	WEIGHT (OZ)
<b>BACKPACK</b>	ZPACKS BLAST 26	7.89	<b>BASE LAYER</b>	MEC BC THERMAL TOP	4.76
	PACK LINER	0.38		MEC BC THERMAL BOTTOM	3.73
<b>STUFF SACKS</b>	SPINSACK NANO SMALL	0.24	<b>SHIRT</b>	BPL THOROFARE SHIRT (M)	4.55
	SPINSACK NANO MEDIUM	0.31			
	SPINSACK NANO MEDIUM	0.31	<b>PANTS</b>	BPL THOROFARE PANT (M)	3.98
	S46 CINCH-SACK (7"X10")	0.05			
<b>SLEEP SYSTEM</b>			<b>FOOTWEAR</b>	MONTRAIL HARDROCKS	40
	NUNATAK ARC A.T. (LONG)	9.75		TEKO ECOMERINO UL SOCKS	2.2
	NUNATAK SKAHA PLUS (L)	13.6	ID VAPOUR BARRIER SOCKS	2.25	
	COCOON UL 60 PANTS	7.55			
	F.F. DOWN BOOTIES LINERS	4.4	<b>HEADWEAR</b>	OR NINJACLAVA/BUFF	1.3/1.3
<b>SHELTER</b>	MLD CUBEN DUOMID w/guylines	11.53	<b>EYEWEAR</b>	GOSSAMER GEAR SPORT EYEZ	0.3
	8X TG 6" CF STAKES (5g/Each)	1.4			
<b>ROPE</b>			<b>NECKWEAR</b>	WHISTLE ON LANYARD	0.11
	50' GUYLINE	0.5			
<b>SLEEPING PAD</b>	GG NIGHTLIGHT TORSO	3.15	<b>POLES</b>	KOMPERDELL C3 CARBON	13.1
	S46 PG-SHEET (21"X76")	2.5			
	THERMAREST NEO AIR (REG)	14.46			
<b>COOKPOT</b>	FIRELITE 500 SUL COOKPOT	1.89			
<b>STOVE</b>	TI ESBIT WING STOVE	0.39			
	TI WINDSCREEN	0.5			
<b>EATING UTENSILS</b>	WENDY'S SPOON	0.07			
<b>CLOTHES</b>	ARCTERYX T-NECK POLY ZIP	8.65			
	TEKO ECOMERINO UL SOCKS	2.2			
	BD POWERSTRETCH LINER	1.75			
	MEC MIDWEIGHT BOTTOM	5.65			
	MEC MIDWEIGHT TOP	6.75			
<b>RAIN GEAR</b>	O2 RAIN JACKET w/ stuffsack	6.49			
	CUBEN RAIN CHAPS	1.52			
	MLD OVERMITTS	1.09			
<b>ORIENTATION</b>	SUUNTO COMPASS/THERMO	0.3			
<b>MAP</b>	MAP Printed on 8 1/2 x 11	0.17			
<b>KNIFE</b>	DERMA-SAFE FOLDING KNIFE	0.25			
<b>FLASHLIGHT</b>	PETZL E-LITE W/ CASE	1.6			
<b>LIGHTER</b>	MINI DISPOSABLE LIGHTER	0.5			
<b>FIRST AID KIT</b>	CUSTOM SOLO FIRST AID KIT	0.6			
<b>CAMERA</b>	OLYMPUS SW 850 W/BATTERY	5.5			
<b>HYDRATION</b>	PLATYPUS 1 LITER FOLDABLE	0.9			
	GATORADE 1L BOTTLE	1			
<b>WATER PURIFIER</b>	MICROPUR TABLETS (30 L)	0.7			
<b>HYGENE KIT</b>	4 PAWS FINGER TOOTHBRUSH	0.14			
	SMALL SPONGE	0			
	PURELL (3.2ml) in dropper	0.14			
	DR. B'S (3.2ml) in dropper	0.14			
	T.P. 5 DAYS (20 sheets (4g) /day)	0.7			
	<b>PACK WEIGHT (Oz.)=</b>	<b>127.61</b>			
	<b>Lbs=</b>	<b>7.98</b>			

	lbs
<b>BASE PACK WEIGHT</b>	7.98
<b>CLOTHING AND GEAR WORN</b>	4.69
<b>FOOD</b>	7.89
<b>FUEL (6.5 grams X 4/day)</b>	0.29
<b>BASE PACK WEIGHT + FOOD + FUEL</b>	15.87
<b>FROM SKIN OUT</b>	20.55