

	Item	Brand & Model Example	Weight Carried By You (g)	Weight Carried By Partner (g)	Notes on Brand & Model
Packraft Related Gear	Tandem Packraft	MRS Barracuda R2 Tandem	5160	-	<p>In my opinion, the MRS Baracuda R2 tandem is the best packraft for flatwater overnight trips with a partner. When used with kayak paddles, it is nearly as fast as kevlar tripping canoes.</p> <p>There are single packrafts that perform much better in whitewater, but they are slower in flatwater. For whitewater trips I like using the MRS Alligator, though I'd like to try the MRS Viking one day.</p> <p>Safe whitewater trips require more experience, training, and additional/higher performing equipment (helmet, rescue knife, life jacket with greater buoyancy, larger bladed paddles, heavier duty throw bag, etc).</p>
	2x Paddle	CampingHikingAdventures.com 4-Piece Carbon Fiber Kayak Paddle	1500	-	Basic ultralight 4-piece carbon paddle good for flatwater trips.
	Paddling Gloves (optional)	Generic dollar store fabric gardening gloves with rubberized palm and fingers	37	37	<p>For longer paddling sections, these prevent blisters. I find them comfortable, and that they grip a wet paddle shaft better than my bare hands.</p> <p>In cold temperatures, waterproof insulated gloves will be needed. A low cost option for waterproof gloves is the Decathlon Trek 100 Fleece Liner Glove worn underneath the Showa Temres 281 waterproof breathable gloves. However better waterproof gloves will be needed for whitewater paddling.</p>
	Life Jacket with Whistle	Mustang Survival Journey Foam Vest	460	460	Basic lightweight lifejacket good for flatwater trips. When hiking, this can be attached to the outside of your backpack.
	Rescue Throw Bag	North Water Micro Throw Bag	-	333	Lightweight throw bag good for flatwater trips.
	Large Sponge	Generic	-	17	For bailing water out of packraft.
	4x Straps, 1" wide	Generic	148	-	For strapping bags to the bow and stern of the packraft
	Packraft Inflation Bag	MRS Inflation Bag	-	142	Pumps up tandem packraft in less than 10 min, and is very light. Also, it works for sleeping pads if an adapter is made by you.
	Repair Tapes, Patches and Adhesive	4' of Tuck Tape, 4" of generic waterproof repair tape, 6" of Tear Aid Type A Patches, 2 Polyurethane Patches, Lepage Flexible Adhesive	-	85	Having a few means to repair damage to the packraft is important when in remote areas. These can also be used to repair other gear.
	Sewing Kit	generic needle & dental floss	-	14	For packraft/pack/shoe repair. Dental floss is stronger than standard thread.
Scissors and Knife	Victorinox Swiss Army Classic SD	-	20	For repairs, the Swiss Army Knife's scissors is more useful than it's knife blade.	
Big 4: Backpack, Shelter, Pad, Sleeping Bag/Quilt	Backpack 1	ULA Epic (without the 65 dry bag)	1190	-	<p>Good for carrying a packraft and paddles along with a dry bag for camping gear. Only one person needs to use a backpack capable of holding a tandem packraft and paddles.</p> <p>Contrary to what is stated on the ULA website, it is possible to attach the water bottle pockets when a Sea To Summit dry bag is not used on the ULA Epic. They can be effectively attached to the backpack's side straps.</p>
	Drybag, 30L	Aquaquest Rogue 30L	244	-	When full, place horizontally inside the ULA Epic backpack, underneath the folded packraft.
	Backpack 2 (for your partner)	Your favourite lightweight 35 L (minimalist) to 45 L main body backpack	-	1100	<p>Ensure that it fits right, is sized right for the gear, and is not too heavy. Use a thick trash compactor bag on the inside for waterproofing.</p> <p>A backpack of this size is not likely able to carry a packraft and paddles, but with a tandem packraft only one person has to carry those.</p>
	Sleeping Shelter	Durston X-Mid 2P Tent	-	1084	<p>This is a great value ultralight tent. Use your kayak paddles as tent poles.</p> <p>For Ontario packrafting trips, I much prefer a hammock and tarp shelter over a tent due to lack of available clear and flat spots in some "crown" land areas, and due to comfort.</p>
	Pad, R3+	Paria Outdoors ReCharge S (with patch kit)	394	394	This is an ultralight pad that is not full length, but I find it very comfortable. It is 3.5" thick, and the manufacturer claims a insulation value of R4.2. Like any ultralight pad, it has to be handled with care (no sticks underneath your tent). If nights are near freezing, consider a warmer full length pad.
	Sleeping Bag/Quilt	Hang Tight Shop Hot Shot 0 Quilt with ground dwellers kit	709	709	<p>Great ultralight warm sleeping quilt for the price.</p> <p>In my opinion, it has a comfort limit about -6 deg. C (20 F) when used with an R6+ pad.</p> <p>It should be used with a full length R4+ pad in near freezing temperatures, and with an R6+ pad in sub-freezing temperatures.</p>

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Clothing, Worn	Sun Visor	Augusta Active Mesh Visor	65	65	
	Sunglasses	Foster Grant Ironman Polarized	26	26	
	Shirt, Sun Hoodie	Patagonia Capilene Cool Daily Hoodie	179	179	I prefer long sleeve hoodies for sun protection instead of using sunscreen, especially in biting bug season. Consider treating with permethrin during biting bug season.
	Pants	Railriders Ecomesh Pants	326	326	My favorite backpacking pants. Loose fitting, well ventilated, quick drying, and bug repelling. I use them for sun protection as well.
	Shorts, Hiking, Swimming and Underwear Substitute	Your favorite lightweight shorts	165	165	Use alone for hiking when it is too hot for even vented pants.
	Socks, Liner	Injinji Liner Crew	34	34	Liner toe socks are the best way for me to prevent blisters.
	Socks, Outer	Wigwam Ultimate Liner Pro	57	57	I prefer thin socks over my liner toe socks, so I use another liner sock as an outer sock. Consider treating with permethrin if you will be in areas with ticks.
	Shoes, Hiking and Water	Astral TR1 Junction	650	650	Good for use in and out of water.
Clothing, Packed	Rain Jacket	Enlightened Equipment Visp Rain Jacket	177	177	Expensive, but this is premium ultralight rain gear with good waterproofness and great breathability. Use your current rain gear to save money, but be sure that it functions well enough during rain and aerobic activity. Also ensure that it fits in your pack as rain gear can be heavy and bulky. In cold temperatures, it may be wise to also bring a dry suit.
	Rain Pants	Enlightened Equipment Visp Rain Pants	142	142	
	Warm Jacket	Enlightened Equipment Torrid Pullover	261	261	This synthetic jacket is about as warm as a down jacket of equal weight, but it performs better when wet. Lower cost options: Decathlon MT100 Hiking Down Jacket, or Decathlon MH100 Hiking Fleece if temperatures are warm enough.
	Underwear	Your favorite underwear for activity (no cotton)	60	60	Spare.
	Socks, Liner	Injinji Liner Crew	34	34	Spare.
	Socks, Outer /Sleeping	Wigwam Cool Lite Hiker	57	57	Spare, or use for sleeping.
	Balaclava, Fleece (optional)	generic dollar store polyester fleece balaclava	34	34	Can be used for sleeping. Cold weather only.
	Sleeping / Cold Temperature Cloths (optional)	Kraft Merino 180 Base Layer Set	332	332	This base layer set includes a baselayer shirt and pants. This can be omitted in hot summer weather.
Cookware	Stuff Sack	generic	30	30	For packed clothing. Can be solid or mesh (for visibility) material. I also use this as a pillow, stuffing it with spare clothing.
	Pot	Toaks Light 700 mL	91	91	Titanium. More wide and shallow than most 600-700 mL pots, making it easier to scoop food out of, and more efficient to heat water in.
	Pot Sack	Toaks Light 700 mL Pot Sack	14	14	
	Stove	BRS 3000T	-	28	Low cost and weight, decent performance.
	Stove Cannister	Any brand iso-butane 100 g cannister	-	199	
	Spoon, Long, with Square Edges	Lixada Titanium Long Spoon	17	17	Helps to easily get all the food out of a freeze dried meal bag because of its length and its square edges. When taking dehydrated food prepared by yourself which needs to be heated up directly in a pot, a better spoon choice is the Lixada Folding Spork because it packs small enough to fit inside the pot.
	2x Lighter	Bics Mini Lighter	22	22	Take two each in case one fails.
	Odour Proof Food Storage Bag (optional)	Loksak Opsak 12" x 20"	-	43	Reduces odours to prevent animals from being attracted to your food, but the outside of the bag needs to remain completely free of food contamination. One bag is sufficient for about 3 days of food for two people. Note that the zip lock enclosure fails after many uses, but the bag may continue to be used if you tightly roll it.
	Bear Bag Hang kit	Zpacks, Hilltop Packs, Mt Laurel Designs, Adotech Gear, or assemble your own	-	110	Properly hanging up your bag of food to prevent bears from accessing it when they smell or see it.

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Hydration	Filter	HydroBlu Versa Flow	-	57	Best / most versatile ultralight filter that I have used.
	Dirty Water Bag	CNOG Vecto 2L	-	71	Great for a gravity filter system when used with the HydroBlu Versa Flow filter. Attach a small cord to it for hanging.
	Water Bottle, Large	Smart Water, 1 L	34	34	Carry a spare cap in case one gets lost/broken. The bottle itself is very tough despite its low weight.
	Water Bottle, Small (optional if water is plentiful)	Aquafina 600 mL contoured bottle	23	23	Aquafina bottle's narrow center allows for better attachment to backpack shoulder straps via shock cord
Hygiene, First Aid	Basic First Aid Components (in ziplock bag)	Band-aids, Gauze, Wound Closures, Alc. Wipes, Katadyn Micropur water treatment, Advil, Benadryl, Triple Antibiotic Ointment	71	71	Both you and your partner carry one in case extra supply is needed.
	Toothbrush	Your favourite	6	6	
	Toothpaste	Your favourite	30	30	I prefer using hydrogen peroxide in a tiny leak-proof bottle to brush my teeth with. It's odour free (doesn't attract animals), and can also be used for first aid.
	Sunscreen	Your favourite transferred to a tiny bottle	30	30	
	Toilet Paper, 1/4 of a roll	Your favourite stored in a ziplock bag	14	14	
	Shammy	ShamWow cut in half	34	34	For wiping tent/tarp condensation, etc.
Accessories	Phone/Camera/GPS/Light	Your favorite	235	235	Turn on airplane mode when it is on. This prevents the need for a battery pack on week-long trips. Be sure to have a map app for GPS / backup GPS use. Also, a waterproof phone/case is advantageous.
	Rugged GPS (optional)	Garmin Oregon	-	150	Durable, waterproof, battery efficient, and screen is visible in bright sun (unlike cell phones). For paddling trips, I prefer this over a cell phone GPS, especially in poor weather. A good map set is needed for it. I upload Ontario Backroad Mapbook maps to it for Ontario trips. Not incl. batt. weight.
	4x AA Batteries for optional GPS	Energizer Lithium	-	56	2 in use + 2 spares. Disposable lithium batteries last the longest, are the lightest, and perform the best in cold temperatures.
	Wrist Strap, Floating	generic	17	17	Prevents phone/GPS from sinking to the bottom of a lake/river.
	Paper map	Any 1:50,000 scale or less topographical map	-	40	Preferably waterproof/laminated. Can be just a backup for the GPS.
	Compass	Suunto M-3G Global Compass or Brunton TruArc 3	-	45	Ultralight compasses that have features needed for effective navigation. Can be just a backup for the GPS. May not be necessary for easy routes
	PLB	Ocean Signal PLB1	-	116	Durable, 7 year battery & warranty, small, waterproof, no monthly fees. When there is no cell phone service, this can be a life saver. Not necessary if there is cell phone service. This doesn't allow for 2 way communication; use a different PLB with a monthly prescription cost if you prefer that.
	Headlamp	Your favorite ultralight waterproof headlamp	50	50	Getting a waterproof one is a good idea. Brightness is not important if you are not night hiking.
	Wallet	Ziplock bag with license, health card/insurance, and credit card.	17	17	A ziplock bag is way lighter and more compact than a wallet.
	6x Elastic Hair Bands	generic brand at dollar store	17	17	Useful for holding items together when stored. For example, keeping a CNOG water bag wrapped around a water filter.
	Mesh Bag	generic	20	20	For most items in the categories Hygiene & First Aid and Accessories.
Food: 500-700 g of dehydrated food per person per day for 3 days	Your favorite dehydrated food	-	3600	Freeze dried meals can be expensive. If you decide to dehydrate your own meals, I recommend the Excaliber 3500 W 5 Tray dehydrator, and a few dehydrator teflon baking sheets to go with it.	

Total Weight Carried Minus Worn Clothing (kg): **11.71** **10.78**