

NEXT ADVENTURE

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Ultralight Backpacking Checklist

The gear list provided below is merely an example of how one lightweight backpacker might select equipment for a **3-day weekend** outing. Generally, the choices below are suitable for most **'three-season' conditions** in the mountain ranges of continental U.S., recognizing that some level of skill and experience is required to successfully use this equipment kit in inclement conditions. More experienced backpackers can trim weight even further from this list, while less experienced backpackers will find that a few extra pounds of clothing, shelter, and/or food will give them a more acceptable level of comfort and safety.

Clothing Worn

FUNCTION	STYLE	EXAMPLE	WEIGHT
Hat w/ brim	Wide-brimmed nylon		~3.0 oz.
Hiking shirt	Long-sleeve crew (wool/synth.)		~7.0 oz.
Underwear	Trim-fit		~3.0 oz.
Hiking Pants	Softshell stretchwoven		~9.0 oz.
Hiking Socks	Wool trail running socks		~1.5 oz.
Hiking Shoes	Breathable trail running shoes	Montrail Vitesse	~26.0 oz.

Other Items Worn/Carried

FUNCTION	STYLE	EXAMPLE	WEIGHT
Trekking Poles	One-piece, carbon fiber		~6.0 oz.
Whistle	Pealess on spectra cord lanyard		~1.0 oz.
Watch	Compass/Altimeter watch	Suunto X6	~1.3 oz.

Other Clothing

FUNCTION	STYLE	EXAMPLE	WEIGHT
Wind Shirt	Breathable pullover		~3.0 oz.
Insulation Layer	Synthetic pullover		~8.5 oz.
Rain Jacket	Waterproof-breathable		~8.0 oz.
Rain Pants	Waterproof-breathable		~5.0 oz.
Warm Hat	Wool beanie hat		~1.5 oz.
Warm Gloves	Wool liner gloves		~1.3 oz.
Rain Mitts	Waterproof-breathable shell		~1.1 oz.

Sleep System

FUNCTION	STYLE	EXAMPLE	WEIGHT
Shelter	One-person tarp		~7.5 oz.
Tent Stakes	Titanium skewer style (8)		~2.2 oz.
Guylines	25' thin diameter spectra		~0.1 oz.
Bivy Sack	Waterproof/Breathable		~6.5 oz.
Sleeping Bag	Variable-girth down bag		~16.0 oz.
Sleeping Pad	Inflatable mattress		~10.0 oz.

Packing

FUNCTION	STYLE	EXAMPLE	WEIGHT
Backpack	Lightweight frameless		~16.0 oz.
Stuff Sacks	2-3 Lightweight, small-medium		~0.85 oz.

Cooking & Water

FUNCTION	STYLE	EXAMPLE	WEIGHT
Stove	Canister	Snow Peak Giga Power Ti	~2.5 oz.

Fuel	Container (small canister)	Snow Peak Giga Power (empty)	~3.5 oz.
Cook Pot	21oz. titanium mug/pot	Snow Peak 600 Mug	~2.8 oz.
Cook Pot Lid	Foil	To fit mug	~0.1 oz.
Wind Screen	Foil	Heavy-duty aluminum foil	~0.5 oz.
Utensil	Spoon		~0.6 oz.
Lighting	Matches & lighter	Bic lighter & matches in waterproof bag	~1.0 oz.
Water bottles	1L bladder	Platypus 1L (2)	~1.8 oz.
Water Treatment	Chlorine Dioxide	Aqua Mira Kit	~1.1 oz.
Food Storage	Bear Bag		~3.0 oz.

Other Essentials

FUNCTION	STYLE	EXAMPLE	WEIGHT
Maps	Custom printed, waterproof paper	National Geographic Topo	~2.0 oz.
Light	LED headlamp	Petzl e-Lite	~1.0 oz.
First Aid	Minor wound care & meds	Asstd. wound & blister care & meds	~2.0 oz.
Firestarting	Emergency firestarting		~1.0 oz.
Sunglasses	100% UV blocking, plastic		~1.0 oz.
Sunscreen	100% UV blocking, waterproof		~1.0 oz.
Bug Spray	Insect Repellant	100% DEET, repackaged	~0.5 oz.
Hygiene	Assorted toiletries	Toothbrush, soap, hand-sanitizer, etc.	~2.0-3.0 oz.

Consumables

FUNCTION	STYLE	EXAMPLE	WEIGHT
Fuel	Canister, small size	Snow Peak Giga Power 110g	~3.8 oz.
Food	2.5 days	20 oz./day	~50.0 oz.
Water	Average carried	Half quart	~16.0 oz.

Weight Summary

(1) Total Weight, worn or carried	~3.61 lb.
(2) Total Base Weight in Pack	~7.20 lb.
(3) Total Weight of Consumables	~4.36 lb.
(4) Total Initial Pack Weight (2) + (3)	~11.56 lb.
(5) Actual Carried Weight (1) + (2) + (3)	~16.22 lb

Reference: "Backpacking Checklist (Gear List): 3-Season, 3-Day," by Ryan Jordan.
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