

YW Overnight Backpack List 2018

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2	Days
19.0	lb. Pack
7.2	Pack & Bag
3.00	Frame Pack w/ Padded Hip Belt
0.21	42 gal Trash Bag
1.00	Sleeping Pad (ThermaRest NeoAir, or RidgeRest)
3.00	Mummy Sleeping Bag 20°-30°
3.5	Outside Pockets
2.30	(2) 1 Liter Gatorade Bottles (1 Full)
0.05	Knife (Swiss Classic)
0.10	Lighter & Matches
0.01	Whistle
0.20	First Aid Kit (Band-aids, Neosporin, Moleskin, ...)
0.18	Bug Repellent (1 oz)
0.05	Bug Net
0.10	Sunscreen (1 oz)
0.02	Chapstick
0.18	Headlamp (Fenix HM50R)
0.10	Toothbrush & Toothpaste 1 oz.
0.15	TP
0.10	Feminine Products

2.0	Food (1.5 lb/day)
0.15	Cup-Large
0.05	Spoon
	Bear Can & ZipLock Trash Bag
0.30	1 Breakfast - Oatmeal, Hot Coco
0.50	2 Lunch - Granola Bar, Trail Mix, Dried Fruit, Jerky
0.50	1 Dinner- Dehydrated Dinner, Soup, Ramen, Cider Gatorade Powder

0.00	Optional
	Camera & Batteries
	Map & Compass
	Cards
	Book
	Thermal Top & Bottom
	50' Paracord
	Water Shoe (Croc)

0.0	Clothing - Wear
	Socks (SmartWool PhD, Darn Tough)
	Underwear (synthetic)
	T-shirt (synthetic)
	Shorts / Pants (synthetic)
	Shoes OR Hiking Boots
	Wide Brimmed Hat
	Sunglasses
	Hiking Poles
	Trekking Pole

3.8	Clothing - Pack
0.15	Socks (SmartWool PhD, Darn Tough)
0.20	Underwear (synthetic)
	Bug Shirt (long sleeve)
1.00	Fleece Jacket
1.00	Rain Jacket w/ Hood
0.50	Rain Pants
0.20	Fleece Hat or Balaclava
0.20	Gloves
0.30	Swim Suit
0.20	Pack Towel

5.0	Group Gear / 2
5.00	Tent & Ground Cloth
	Bear Can & ZipLock Trash Bag
	Stove, Windscreen, Lighter, Matches
	Fuel
	Pot (1 Liter)
	Pot Gripper
	Measuring Cup
	Scrubber
	Campsuds
	Dish Towel
	Water Filter
	Small Shovel