

Superior Hiking Trail 2024



Category	Weight
Pack	1.84 lb
Sleep System	3.46 lb
Shelter	2.18 lb
Clothing	5.76 lb
Cook System	0.76 lb
Food and Water	6.61 lb
Safety	2.9 lb
Toiletries	0.46 lb
Total	23.96 lb
Consumable	6.53 lb
Worn	2.55 lb
Base Weight	14.88 lb

Pack

	Weight	qty
Nylofume® Pack Liner	0.9 oz	1
Apex Giant Speed Hanger for hanging pack on a tree	0.05 oz	1
REI Flash Air 50 Pack - Women's backpack	28 oz	1
Pond's Edge Dyneema starter set ultralight gear bags	0.5 oz	1
	1.84 lb	4

Sleep System

	Weight	qty
Pillow Strap	1.6 oz	1
Sea to Summit inflatable pillow for legs	2 oz	1
Nemo Fillo Pillow Elite	3 oz	1
Nemo Tensor extreme sleeping pad	20.1 oz	1
Revelation Quilt 850fp by Enlightened Equipment 10-Degree	24.1 oz	1
Torrid Hood by Enlightened Equipment for sleep	1.8 oz	1
Gossamer Gear ThinLite Pad	2.7 oz	1
	3.46 lb	7

Shelter

	Weight	qty
DuPont Tyvek HomeWrap Groundsheet 3x6 ft.	6.2 oz	1
Hyperlite Mountain Gear Mid 1 tent	16.8 oz	1
ZPacks Designs ultralight carbon tent pole	2.8 oz	1
Big Sky International tube stakes	0.31 oz	10

Lightrek Hiking Umbrella by Gossamer Gear	5.8 oz	1
Handsfree Umbrella Clamp by Gossamer Gear	0.15 oz	1
	2.18 lb	15

Clothing

	Weight	qty
Outdoor Research Aspire II GORE-TEX Jacket Women's	11 oz	1
Outdoor Research Womens Rain pants	9 oz	1
Darn Tough micro crew wool socks 2 pairs	2.2 oz	2
DANISH ENDURANCE Women's Merino Baselayer Set Large Black for sleeping	11.5 oz	1
Icebreaker Merino running shorts	4.6 oz	1
Icebreaker Merino 200 quarter zip top	7 oz	1
homemade bug suit made of no see um mesh	3.5 oz	1
Sea to Summit mosquito head net	0.8 oz	1
Solar Escape sun hat from Costco	2.3 oz	1
Altra Superior 4 Trail Running Shoes (older model)	13.8 oz	1
Lightweight running mitts for sleeping	1.2 oz	1
REI Swiftland Running Gaiters	1.7 oz	1
Aldi gardening gloves	2.5 oz	1
Women's Torrid APEX Jacket by Enlightened Equipment	8.3 oz	1
Paka merino bra	2.6 oz	1
Icebreaker merino leggings	8 oz	1
	5.76 lb	17

Cook System

	Weight	qty
BRS-3000T Ultralight Burner by BRS Outdoor	0.88 oz	1
Isobutane fuel canister	110 g	1
Bic Lighter plus a few hurricane matches just in case	0.5 oz	1
Bjerg Mountain Equipment Titanium 750ml pot with insulated handles and lid	3.6 oz	1
long-handled titanium spoon	0.65 oz	1
TOAKS Titanium 450ml Cup with insulated handles	2.7 oz	1
	0.76 lb	6

Food and Water

Weight qty

Oatmeal packets and entrees	in Smelly Proof clear snack standup bags	2.5 oz	6
Medication doses	in Smelly Proof Bags	0.1 oz	6
Hilltop Packs Dyneema food bag	with hang kit	1.2 oz	1
Aloha coconut bars mini		0.85 oz	3
tea bags		0.1 oz	3
Savor By Suzie GF Pretzels		3 oz	1
Perfect Supplements chocolate collagen in mylar packets		0.1 oz	3
Mylar packets for collagen		0.4 oz	3
Sacred Eats electrolyte powder	in Smelly Proof bags	0.1 oz	1
Chia Smash packets		1.1 oz	3
Organic Sun Butter packets		1.1 oz	3
1-liter SmartWater bottles with flip-top cap		2.2 lb	2
Power Up Premium Trail Mix Packets		1.5 oz	3
		6.61 lb	38

Safety

		Weight	qty
Counter AssaultBear Deterrent Spray - 8.1 fl. oz.	with holster	1.1 lb	1
Sawyer Squeeze water filter		3 oz	1
Coupler for Sawyer Squeeze		0.2 oz	1
iodine tabs in micro Smelly Proof bag		0.1 oz	6
SHT map in a Ziploc bag		1.1 oz	1
Garmin Inreach Mini 2		3.5 oz	1
NB10000 Gen 2 Power Bank by Nitecore	with charging cords	6.4 oz	1
Tool Logic Credit Card Companion Multi-Tool	(old model)	1.3 oz	1
First Aid Kit and repair kit	(plus bandaids, homeopathics, cordage, rescue meds)	4.7 g	1
REI Switfland TT Carbon trekking poles		10.8 oz	1
BioLite 325 Lumen Headlamp	rechargeable	1.7 oz	1
		2.9 lb	16

Toiletries

		Weight	qty
Toothbrush head	attaches to long handled spoon	2 g	1
toothpaste tabs	10 tabs in a tiny ziploc bag	0.1 g	11
ecloth face cleansing pad		0.4 g	1
Venture Wipes		1 oz	3
Kula cloth		0.5 oz	1
Portawipes	10 each	0.14 oz	10
hand sanitizer	in 30 mL squeeze bottle	1 oz	1
Ultralight Trowel by BoglerCo		0.48 oz	1

10 mL plastic spray bottle of vinegar	for sanitizing pot, cup, spoon	0.8 oz	1
		0.46 lb	30
