

Summer Lightweight Backpacking Gear List For Summer Sierras (two person)
 For a Three Day Weekend Trip (three days and two nights out)

Weight Summary	Pounds	Kilograms
(1) Total Worn or Carried While Hiking*	4.3	1.9
(2) Total Base Weight in Pack*	8.8	4.0
(3) Total Weight of Consumables*	6.9	3.1
(4) Full Skin-Out Base Weight (1) + (2)	13.1	5.9
(5) Total Initial Pack Weight (2) + (3)	15.7	7.1
(6) Full Skin-Out Weight (1) + (2) + (3)	19.9	9.0

* Shared group gear like tent, cooking equipment, fuel, camera etc. are halved for an individual portion of weight

Clothing Worn While Hiking			WEIGHT		Shared	
FUNCTION	STYLE/Rationale	EXAMPLE	Alternate	Ounces	Grams	Gear?
hiking hat	full brim - super sun protection	Sunday Afternoons Adventure Hat	Tilly, nylon ball cap	3.0	85	
hiking shirt	merino wool or synthetic - long sleeve use for base layer, hiking shirt & sun protection	Smartwool Micro-weight crew Ibex or other merino wool shirts	Synthetic: Patagonia Capaline 1, long sleeve	6.1	173	
hiking shirt (alternate/backup)	a lightweight nylon shirt	Rail Riders Ecco Mesh (6 oz)	Many other thin nylon shirts		0	
briefs and/or bra	light, breathable, fast drying	Patagonia Capaline and others		5.0	142	
pants	nylon convertible, wear as shorts, absorb little water, quick dry, wind resistant, good pockets	REI Sahara Convertible Pants	Rail Riders and many other nylon trail pants	12.0	340	
hiking footwear	Boot or running shoes: light, flexible	Boot: Inov-8 rocklite 370 (or other LW fabric boots)	Shoe: Inov-8 Terroc 330 (other light trail runners)	26.0	737	
hiking socks	merino wool running	Smartwool Adrenaline mini crew	Possibly thicker wool/synthetic socks	1.9	54	
sunglasses	photochromatic (light sensitive) & polarized	Smith Factor	Coyote and others	0.8	23	
navigation watch	good menu, baro altimeter, mag compass	Suunto X6	High Gear, or conventional Timex watch	1.9	54	
Other Items Worn or Carried			WEIGHT		Shared	
FUNCTION	STYLE/Rationale	EXAMPLE	Alternate	Ounces	Grams	Gear?
Maps (navigation)	Standard USGS (2) paper maps in baggie	(2) USGS 7.5 min paper maps in baggie	Custom waterproof maps from Nat Geo TOPO!	5.0	142	Y
Compass (navigation)	Easy to use, with declination adjustment	Brunton Eclipse Adventure Race Compass	Brunton Base plate Compass 7DNL (.9 oz)	1.7	48	Y
GPS (navigation)	good internal maps, light, excellent performance	eTrex Legend HCx	eTrex Vista HCx, Magellan Triton (under 7 oz)	5.5	156	Y
camera	semi waterproof digital	Olympus Stylus u830 (5.3 oz when taken)			0	Y
tripod	small, light, actually works	Joby Gorilla Pod (1.5 oz when taken)			0	Y
trekking poles	light, strong, work as tarp poles	REI UL Carbon Trekking poles (compact)	Just about any poles under 16 oz per pair	5.4	153	
Other Clothing			WEIGHT		Shared	
FUNCTION	STYLE/Rationale	EXAMPLE	Alternate	Ounces	Grams	Gear?
torso insulation (hooded jacket)	synthetic fill for trail stops & camp - light, warm, works wet or damp, minimal weight and bulk	Bozeman Mountain Works Cocoon Hoodie (Backpacking Light product)	Wesern Mountaineering down jacket, many synthetic filled jackets (try for less than 16 oz)	9.5	269	
base layer bottom	merino wool	Smartwool or Ibex merino wool long johns	Synthetic: Patagonia Capaline 1 bottoms	5.0	142	
rain jacket	light, breathable, full zip	The North Face Diad	Integral Designs eVENT, OR Zealot, GoLite Virga, Marmot Essence or Mica (try for less than 10 oz)	7.8	221	
rain pants	light & breathable	GoLite Reed	many other rain pants (try for 8 oz or under)	5.0	142	
wind jacket	very breathable, has hood	GoLite Either wind shirt	OR, Montbell, Montane, others (3-5 oz versions)	3.0	85	
warm hat	cold hiking/sleeping in hoodless bag	Serius micro fleece balaclava	Other fleece balaclavas (2-3 oz versions)	1.2	34	
gloves	thin and light - pot handling	Possum down, or Smartwool	many wool, fleece and synthetic gloves (2-3 oz)	1.2	34	
glove shells for rain	WP/B Gtx Packlite (for rain/warmth)	Outdoor Research Endeavor Mitt	Mountain Laurel Designs eVENT mitts (1 oz)	3.5	100	
extra socks	thin merino wool blend	Smartwool Adrenaline	Possibly thicker wool/synthetic socks	1.9	54	
Shelter and Sleep System			WEIGHT		Shared	
FUNCTION	STYLE/Rationale	EXAMPLE	Alternate	Ounces	Grams	Gear?
shelter (tent) using trekking poles	looks & works like a real tent, reasonable space, (usually sets up with trekking poles)	Six Moon Designs Refuge (silnylon version)	Many options from Six Moon Designs, TarpTent, Big Agnes, Big Sky Int'l (try for 2.5 lb or under)	28.0	794	Y
optional free standing tent	easier setup? (or at least personal preference)	Big Sky International tents	Big Agnes and others (try for 3.5 lb or under)			
tent stakes	titanium skewer stakes	Gossamer Gear Ti Stakes (8)	5 inch aluminum Y stakes	1.8	51	Y
guy lines	included w tent weight	Gossamer Gear EZC Line	many other light cords		0	Y
sleeping bag	32 F rating, full zip, full hood, generous size	Western Mountaineering SummerLite	many other lght weight 30-4 F bags less than 24 oz	19.0	539	
ground sheet	not needed (tent has floor)		polyethylene or type sheet to protect tent floor		0	
sleeping pad	comfort - self inflating air mattress - good size	Therm-a-Rest NeoAir pad (2.5 in thick!) 20x27 in	Therm-a-Rest ProLite 3 pad	9.0	255	
Packing			WEIGHT		Shared	
FUNCTION	STYLE/Rationale	EXAMPLE	Alternate	Ounces	Grams	Gear?
backpack	internal frame, light, durable, good volume	Six Moon Designs Comet (60 Liter capacity)	Granite Gear Vapor Trail, ULA packs, Gossamer Gear Packs, GoLite Packs (try for 2 lb or under)	29.0	822	
waterproof pack liner	keep pack contents dry	plastic pack liner or Mylar turkey bag	Other plastic bags (2 mm polyethylene)	1.0	28	
sleeping bag stuff sack	down bag, very wet weather	silnylon (Outdoor Research Helium Dry Sack)	Many other mfrs of silnylon dry bags	2.0	57	
clothing stuff sack	silnylon	Outdoor Research Helium Quick Sacks	Many other mfrs of silnylon stuff sacks	1.0	28	
Cooking and Water			WEIGHT		Shared	
FUNCTION	STYLE/Rationale	EXAMPLE	Alternate	Ounces	Grams	Gear?
stove & full mess kit	light, fuel efficient, alcohol fuel (green) integrated stove, pot and windscreen	Anti Gravity Gear: Trail Designs Caldera Kitchen for AGG 3 Cup Pot	Snow Peak Giga stove & butane/propane canister (but not very environmentally friendly)	10.0	284	Y
fuel container	plastic (included in mess kit)	Fuel Bottle with spout (empty) + measuring cup			0	Y
cook pot	aluminum (included in mess kit)	AGG 3 cup pot	titanium pot (but not much lighter)	3.1	88	Y
bowl	14 oz capacity	cheap plastic supermarket storage container		0.6	17	
mug	titanium	Snow Peak 600	skip the mug and just use the bowl	3.0	85	
ignite fuel	mini butane lighter			0.4	11	Y
utensil	titanium	BPL SUL Long Handled Titanium Spoon	just about any plastic or lean spoon	0.4	11	
hydration system		2 liter Platypus with standard hose	many others (avoid heavy full featured models)	3.2	91	
spare water container	2 liters	2 liter Platypus Water Bottle		1.0	28	
food storage	bear hanging rope + micro biner for PCT method	AirCore Pro URSA Dyneema Bear Bag Rope - 50 ft		2.8	79	Y
food storage	food hanging bag for two - food storage in pack	Granite Gear Air Grocery Bag	Equinox Bear Bag, many other silnylon stuffs	1.7	48	Y
Other Essentials			WEIGHT		Shared	
FUNCTION	STYLE/Rationale	EXAMPLE	Alternate	Ounces	Grams	Gear?
personal hygiene	toilet kit	alcohol hand gel, Ziploc bag, (TP in consumables)		1.1	31	Y
bathing towel (tent wall wipe)	pack towel	Cascade Designs medium PackTowel		1.5	43	
personal hygiene	teeth cleaning kit for two	toothbrush, floss, toothpaste		2.0	57	Y
ditty bag	miscellaneous	small knife w scissors, headlamp, fire starting kit, DEET in small bottle, paper & pen [all above in Granite Gear zip Silnylon bag]	knife = swiss army classic, spydeco ladybug, etc.	6.0	170	Y
light	used for most tasks, worn around neck	Photon Freedom on string with whistle		in ditty	n/a	
headlamp	small, easily replaceable battery	Petzl e+LITE	Princeton Tec EOS	in ditty	n/a	Y
first aid	full kit	Naprosin, duct tape, bandages, antibiotic cream etc		6.0	170	Y
fire starting	trout cooking <grin>, emergency fire starting	Light My Fire Firesteel Scout Fire starter, Tinder-Quick Fire starting Tinder Tabs		in ditty	n/a	Y
sunscreen	SPF 30, sunscreen (repackaged) & lip balm	REI System 1 sunscreen, OraLabs Lip Sun Shield		1.0	28	Y
Consumables (5-Day Trip)			WEIGHT		Shared	
FUNCTION	STYLE/Rationale	EXAMPLE	Alternate	Ounces	Grams	Gear?
fuel	high efficiency stove allows alcohol cooking for 2	alcohol stove fuel		6.0	170	Y
food	2.5 days food (3 days and 2 nights) per person	28 oz / day (1.75 lb / day)		70.0	1985	
water	plentiful	1 liter		35.2	998	
water treatment	chemical, fast, light, simple	Katadyn Micropur - 30 tablets		0.6	17	Y
toilet paper	regular TP, more than enough	1.5 oz/person for 3 days		3.0	85	Y