

## DON'S MASTER GEAR LIST FORMAT

Provided by: [HighCountryExplorations.com](http://HighCountryExplorations.com)

Check			Gear	Carried	
Off When	Category & Function	Description	Weight	Worn	
Packed		Brand/Color/Size	Ounces	Weight	Notes/Comments
	<b>Footwear System</b>				
	Off Trail Boots, WP/B w/o insoles	Zamberlan Ladaks, Goretex liner	60.0		
	Off Trail Boots, WP/B w/o insoles	Kayland Vertigo High, eVent liner	47.0		
	Trail boots, mid height, WP/B	Inov8 390 GTX (XCR)	27.2		
	Trail Shoes	Zamberlan Paos	35.5		
	Trail Shoes	Montrail Hardrock Velocity	28.8		
	Trail Shoes	New Balance 800	18.9		
	<b>Trail Shoes</b>	<b>Innov8 Flyroc 310</b>	22		
	Sandals	Teva soft bed	23		
	<b>Socks Med. Weight</b>	<b>Merino wool</b>	<b>2.6</b>		
	Socks Light Weight	Merino wool or Coolmax	1.8		
	Socks, liner	Dress wool	1.1		
	Extra Socks	Merino wool	2.8		
	Socks, compression	poly knit, calf length	2.9		
	Socks, Waterproof breathable	Rocky Goretex Socks	2.5		
	Insoles, insulated, wool	Smart Wool Inserts	1.9		
	Insoles, thin	1/16" extra insole pad	0.6		Extra padding on thin soled trail shoes
	<b>Insoles, standard foam</b>	<b>Innv8 (1.5) or Zamb (1.8) or Montrail (1.5)</b>	<b>1.5</b>		
	<b>Orthotic Inserts</b>	<b>plastic NeoVita retainer inserts</b>	<b>2.8</b>		
	Orthotic Inserts	NeoVita Aggressive inserts	4.5		
	Gaiters, med. height, WP/B	Integral Designs, yellow, eVent WP/B	2		
	Gaiters, tall waterproof	OR Blue Verglas WP/B	6.8		16.8" high
	Gaiters, tall waterproof	OR Blue waterproof	6.8		16.8" high
	Ankle Braces	pair elastic	2.8		For ankle comfort and support when wearing boots
	Knee Braces	pair elastic	4.5		
	Wading/camp shoes	Addias thongs; w/ plastic bags	9		
	Plastic bread bags	Plastic bread bags	0.5		Extra protection for wading/around camp
	<b>Packing System</b>				
	Pack Day	GoLite Dawn 2500 ci	15.3		Max. recommended load = 15 pounds
	Summit from base camp pack	Orange, Sears, nylon	6.9		Oware stuff sack is 2.4 oz
	Waist (fanny) Pack	REI or Gregory			
	Pack Overnight or Weekender	G6 Whisper Light; 2200 ci	4		Max. recommended load = 15 pounds
	<b>Pack Overnight</b>	<b>GoLite Jam2 3100 ci; 50 liters</b>	<b>26.5</b>		<b>Max. recommended load = 30 pounds</b>
	Pack Extended Trip	GG Mariposa Plus 4200 ci w/o stiffners	20		Max. recommended load = 30 pounds
	Carbon Fiber Stiffening Rods (2)	Mariposa Accessory	0.75		Use when have 25+ pounds?
	Pack Multi-Purpose	GoLite Gust 4600-5000 ci	18.1		w/o foam back pad; Max. recommended load = 30 pounds
	Shaped foam pack pad	Gust pad (1.6 oz)	1.6		
	Pack, ski-carrying	Forest Green REI Tourstar 3000 ci	63		w/ full suspension system
	Hydration size pack	Camelbak fits up to three liter	12		
	Pack Expedition	Gregory Shasta (6000 ci)	96		w/ full suspension plus top cover
	Detachable external pack pocket	Black Gregory	6.1		
	Bear canister		-		Rented/borrowed
	Plastic pack bag liner	white heavy plastic compacter bag	2.2		
	Plastic pack bag liner	lighter black plastic garbage bag	1.6		
	Plastic pack bag liner	Gossamar Gear liner large	1.8		
	Plastic pack bag liner (2)	Glad Force Flex 13 gal.garbage bag(2)	1.5		Extra for all smaller ziplock bags
	Waterproof fabric Pack Cover	Green coated ripstop	4		take a poncho instead; ULA silnylon Med. 2.4 oz / \$22.00
	Clear plastic zip bag	Miscell small(1); Food med (1)	2.1		one med. and one smaller
	Waterproof clear zip plastic	Hefty 2.5 gal.clear plastic bag	0.9		zipper easily damaged?
	<b>Stuff sack nylon</b>	Red coated nylon	0.9		for quilt or food
	Stuff sack silnylon w/hanging strap	Thermorest pillow, silnylon, orange	2.7		8 x 17
	Stuff sack silnylon w/hanging strap	light blue	1		13 x 14"
	<b>Stuff sack silnylon w/hanging strap</b>	dark blue	1		Use for pillow; 10 x 18"
	Plastic zip lock bags	Night accessories; miscell. Accessories	2		Don't know weight
	Mesh carry bags	emerg.; rain gear; black	1		Don't know weight
	Foam back pad	grey Ridgerest; double layer	2.8		Use with carbon fiber stiffeners
	Foam back pad	green Ridgerest; single layer	2.2		Use pack and back pad under my feet with my shorty air ma
	<b>Outer Shell Layer Clothing</b>				
	Windshirt, full zip	Red Patagonia ripstop	5.8		Better for cold weather?
	<b>Wind jacket, full zip, hooded</b>	<b>GoLite Helios, acrylic coated ripstop</b>	<b>3.5</b>		Better for bugs and light rain?

Wind overpants	Columbia silver ripstop	5.8		BPL Thorofare Pants 4.0oz
<b>Waterproof/breathable parka</b>	<b>Yellow DriDucks</b>	6		
Waterproof/breathable parka	Eddie Bauer Blue WeatherEdge	14.5		
<b>Waterproof/breathable pants</b>	<b>Yellow DriDucks</b>	4		
Waterproof/breathable pants	Marmot Precip	8		
Rain skirt	garbage bag	1.5		
Poncho	Campmor silnylon	-		not included; seldom use for rain; taking for shelter
Umbrella	Montbell Blue ripstop; 34" at widest	5.6		

*Note: To provide a visual of my recommended format, the above download is only the first page of my own six page Master Gear List.*



