1. 1 Silkweight Capilene T-shirt
2. 1 Long sleeve midweight Capilene T-shirt
3. 2 pair of thin Merino wool socks (ankle height)
4. Patagonia Micropuff pullover
5. Lightweight hiking pants with belt
6. Lightweight nylon shorts
7. Trail running shoes
8. Osprey Volt 60 backpack with a large garbage bag liner
9. Kelty Light Year 3D sleeping bag in a waterproof bag
10. Neoair Xlite (R) sleeping pad
11. Black Diamond headlamp with fresh lithium batteries
12. 2 Nalgene water bottles
13. Snowpeak titanium pot and lid
14. Snowpeak titanium spork
15. 1 pair of wicking boxer underwear
16. 2 mini-disposable lighters
17. Several iodine tablets for an emergency
18. 1 bandana or buff
19. MSR Hubba tent broken down into two waterproof bags
20. 1' of duct tape wrapped around each hiking pole
21. Plastic wallet with a.) driver’s license; b.) debit card; c.) credit card; d.) $40; e.) health insurance card; f.) car key
22. Small swiss army knife
23. 1 waterproof bag for your clothes
24. Toilet paper in a ziploc bag
25. Very small medical kit in a waterproof bag
   - For feet: Leukotape P, benzoin tincture, Burt’s Bees Res-Q Ointment
- General: bandages (4 1” x 3”, 2 knuckle, 6 Steri-Strip), 4 gauze pads (3” x 3”), 3 safety pins, 1 tweezers, 2 Benadryl, 2 caffeine pills, 4 Ibuprofen, 6 alcohol swabs, 3 packets triple antibiotic, 2 Pepto-Bismol

26. MSR Pocket Rocket stove

27. 8 oz. canister of fuel

28. Rain gear, tops and bottoms

29. Titanium hiking poles with baskets

30. Small terry cloth towel

31. Rain mittens

32. PUR Hiker water filter (check cartridge!)

33. 1 runner’s sunvisor or sun hat

34. 1 lightweight knit runner’s cap

35. 1 pair of gloves

36. 1 gallon-sized ziploc bag

37. Watch

38. 1 12-ounce titanium cup

39. Bug repellent (?)

40. Toiletries in a small waterproof bag including a.) toothbrush; b.) toothpaste; c.) vitamins; d.) contact solution; e.) spare contacts; f.) sunscreen; g.) Camp Suds

41. Repair kit (Krazy glue, Aquaseal, Tenacious Tape, outdoor sewing kit)

42. Sun glasses and reading glasses

43. Food in a waterproof bag

44. iPhone in ziploc (with USB charging cord?)

45. Paperback book in a ziploc bag (?)

46. Bug head net and gloves (?)

47. A current trail book (?)

48. GoalZero 7M Panel with Switch 8 portable recharger (?)

49. Wild Ideas Bearikade Weekender (?)

50. Spot (?)