

## **Raymond Greenlaw's Gear List for His Hike of the Via Dinarica**

Total pack weight (no food and no water): 237.6 ounces = 14 pounds 13.6 ounces

Total weight on person, including clothes: 71.1 ounces = 4 pounds 7.1 ounces

### **Pack, shelter, and sleeping gear: 105.1 ounces = 6 pounds 9.1 ounces**

1. Hyperlight Mountain Gear (HMG) Windrider 3400 pack: 32.1 ounces
2. REI Igneo Long 19F down sleeping bag in medium HMG stuff-sack w/ plastic bag: 31.0 ounces
3. Big Agnes one-person tent: 28.0 ounces
4. Full length thermarest: 14.0 ounces

### **Clothes Usually in Pack: 74.0 ounces = 4 pounds 10.0 ounces**

1. Marmot rain pants: 20.0 ounces
2. Lightweight Patagonia down jacket: 18.0 ounces
3. Marmot Gortex rain coat: 17.0 ounces
4. Mountain Hardwear warm hat: 6.0 ounces
5. Pearl Izumi medium weight gloves: 5.4 ounces
6. One pair of smart wool socks: 3.1 ounces
7. Pair of Asics lycra underwear: 2.9 ounces
8. HMG large stuff sack w/ plastic bag: 1.6 ounces

### **Miscellaneous: 58.5 ounces = 3 pounds 12.5 ounces**

1. Smart phone and charger cellphone: 8.7 ounces
2. Etrek 30 GPS bundle, includes AA batteries: 6.2 ounces
3. Coleman Deet insect repellent: 5.5 ounces
4. Aqua Mira water treatment drops (60 gallons): 5.5 ounces
5. Sunblock: 4.0 ounces
6. Petzel Tikka headlamp: 3.5 ounces
7. Four spare AA batteries: 3.4 ounces
8. First aid kit (Ibuprofen, adhesive tape, Band-Aids, Imodium, Pepto-Bismol, and antibiotics): 2.9 ounces
9. Three spare AAA batteries: 2.3 ounces
10. Eye glass cleaning wipes: 2.0 ounces
11. Passport: 1.9 ounces
12. One-liter, wide-mouth Gatorade bottle: 1.8 ounces
13. Compass, hung on pack: 1.7 ounces
14. HMG large stuff-sack to hold food: 1.5 ounces
15. Tooth-brush, tooth-paste, dental floss, and bite guard: 1.5 ounces
16. Nylon rope 3mm (15m), used to hang food and piece as clothes line in tent: 1.2 ounces
17. Zip lock bags: 1.0 ounce
18. Toilet paper: 0.9 ounces
19. One-liter soda bottle: 0.9 ounces
20. Nail clippers: 0.7 ounces

21. Lexan spoon: 0.4 ounces
22. International driver's license: 0.4 ounces
23. Sharpie pen to make signs: 0.3 ounces
24. Cash: 0.1 ounces
25. Visa: 0.1 ounces
26. Debit card: 0.1 ounces

**Clothes/Items that I Plan to Wear: 52.7 ounces = 3 pounds 4.7 ounces**

1. New Balance 810v2, size 12 4E trail-running shoes with cork inserts: 35.0 ounces
2. Under Armor hiking shorts: 5.5 ounces
3. Ironman Taiwan short-sleeve T-shirt: 5.2 ounces
4. Northface baseball cap: 3.9 ounces
5. One pair of smart wool socks: 3.1 ounces

**Carrying in Hands/Wearing: 18.4 ounces = 1 pound 2.4 ounces**

1. Leki Cork lite AS trekking-poles: 16.8 ounces
2. Timex Ironman watch: 1.6 ounces