

**Transition LW Gear List**  
(3 Season, 20+ Degrees)

#	Item:	Example:	Weight (oz)	Cost:	Sold at:
<b>Clothing Worn:</b>			26.75	\$ 157.00	
1	Shirt	REI Lightweight MTS Long-Sleeve Zip-T	6.60	\$ 32.00	REI
2	Pants	REI Sahara Convertible Pants	12.40	\$ 55.00	REI
3	Underwear	ExOfficio Boxer Briefs	2.80	\$ 25.00	REI
4	Socks	Smart Wool PHD Mini Crew Socks	2.20	\$ 20.00	REI
5	Sun Hat	Columbia Booney Hat	2.75	\$ 25.00	REI
<b>Other Items Worn/Carried:</b>			46.10	\$ 276.00	
6	Watch	Timex Watch	0.90	\$ 20.00	Walmart
7	Hiking Staff/Poles	REI Peak UL trekking poles	15.40	\$ 129.00	REI
8	Bandana	Generic Bandana	1.05	\$ 2.00	REI
9	Map	Photocopy of Map (in pocket)	0.75	\$ -	Home
10	Shoes	Salomon XT Wings - Trail Runners	28.00	\$ 125.00	REI
<b>Extra Clothing:</b>			42.15	\$ 240.00	
11	Rain Jacket	Marmot Precip Jacket	12.35	\$ 100.00	REI
12	Rain Pants	Marmot Precip Pants	8.80	\$ 70.00	REI
13	Insulating Jacket	Fleece Jacket	16.0	\$ 30.00	Walmart
14	Gloves	Generic Fleece Gloves	1.40	\$ 10.00	Walmart
15	Warm Hat	Generic Fleece Cap	1.40	\$ 10.00	Walmart
16	Spare Socks	Smart Wool PHD Mini Crew Socks	2.20	\$ 20.00	REI
<b>Packing:</b>			37.80	\$ 178.50	
17	Backpack	Granite Gear Vapor Trail Pack	37.0	\$ 170.00	REI
18	Gear Stuff Sack	REI X-Small Tuff Lite Stuff Sack	0.60	\$ 8.50	REI
19	Essentials Bag	Ziplock Bag	0.20	\$ -	Home
<b>Shelter &amp; Sleeping:</b>			93.00	\$ 538.00	
20	Sleeping Bag	Marmot Hydrogen Sleeping Bag	25.0	\$ 319.00	REI
21	Sleeping Pad	Ridge Rest Pad - Regular 72"	14.0	\$ 20.00	REI
22	Tarp	REI Quarter Dome T1 Tent	54.00	\$ 199.00	REI
<b>Cooking &amp; Hydration:</b>			13.60	\$ 160.00	
23	Water Storage	Platypus 2.5 lt. Water Bottle	1.30	\$ 10.00	REI
24	Water Carrier	Platypus 1 lt. bottle	0.90	\$ 8.00	REI
25	Water Purification	Katadyn Micropur, Purifications Tabs (6/day x 3 = 18)	0.45	\$ 10.00	REI
26	Bear Bag System	Trip Tease 35' + REI Small Tuff Lite Sack 7x15 + Mini-biner	1.85	\$ 26.00	REI
27	Cooking Pot	Snowpeak 700 Ti Mug	4.25	\$ 35.00	REI
28	Stove	Snowpeak Giga w/Piezo	3.60	\$ 50.00	REI
29	Soap	Dr Bonner's Camp Soap in microbottle	0.30	\$ 10.00	REI
30	Lighter	Bic Mini Lighter	0.40	\$ 1.00	Walmart
31	Spoon	Collapsible Ti Spoon	0.55	\$ 10.00	REI
<b>Essentials:</b>			5.70	\$ 66.00	
32	Compass/Thermometer	Silva Starter 1-2-3 Compass	1.00	\$ 12.00	REI
33	Single Whistle	Fox 40 Safety Whistle	0.20	\$ 10.00	REI
34	Flashlight	Petzl e+Lite headlamp	1.00	\$ 30.00	REI
35	Repair/First Aid Tape	5 feet of Duct Tape	0.30	\$ -	Home
36	Toothbrush	Toothbrush - saw off handle	0.30	\$ -	Home
37	Floss	Mini Floss	0.20	\$ -	Home
38	First Aid	Gauze Pads x2, Several Band Aids, Antibiotic Ointment, Needle	0.50	\$ -	Home
39	Spare Fire Source	Match Book	0.15	\$ -	Home
40	Sunscreen	Sunscreen - microbottle	0.50	\$ 2.00	REI
41	Insect Protection	100% Deet - microbottle	0.50	\$ 2.00	REI
42	Medicine	2 imodiums, 2 bendryls, 4 pseudofeds, 16 ibuprofins	0.30	\$ -	Home
43	Knife	Swiss Army Classic Knife	0.75	\$ 10.00	Walmart
<b>Consumables:</b>			79.00	\$ 23.50	
44	Food	Total Food (2 days)	40.00	\$ 20.00	Walmart
45	Stove Fuel	Snowpeak Canister	7.00	\$ 3.50	REI
46	Water	Water - 1 liter	32.00	\$ -	Trail
<b>1 Total Items Worn/Carried (lbs.)</b>			4.55	\$ 433.00	
<b>2 Total Base Weight (lbs.)</b>			12.02	\$ 1,182.50	
<b>3 Total Weight of Consumables (lbs.)</b>			4.94	\$ 23.50	
<b>4 Total Carried Pack Weight (2)+(3)</b>			16.95	\$ 1,206.00	
<b>5 Total Skin Out Weight (1)+(2)+(3)</b>			21.51	\$ 1,639.00	

**Notes:**

No specialty gear is on this list, i.e. all gear is commonly sold on the internet, REI, and walmart  
 Gear is focused on "value", not absolute best in class which tends to significantly increase cost for marginal gains  
 Note first aid kit is small (adhere gauze pads with duct tape), blister care is done with duct tape. Modify to suit needs  
 Gear weight is listed unmodified as it comes from manufacturer