

	Brand/Item	Weight (ounces)	Link
Pack	ULA Ohm 2.0, Small with Small Hipbelt (with inside pouch and hand straps removed)	25.6	http://www.ula-equipment.com/product_p/ohm-2.0.htm
Trach Compactor Bag Liner (use as an inner pack lining during rain)		1.9	
Bell		0.3	https://www.rei.com/product/860591/counter-assault-bear-bell
	Pack Total	27.8	
Sleeping	Brand/Item	Weight (ounces)	Link
Shelter	Six Moon Designs Lunar Solo	23.4	https://www.antigravitygear.com/shop/shelters-accessories/six-moon-designs-lunar-solo-ultralight-tent-24-oz/
Tent Pole	Carbon Fiber 49" Pole	1.9	https://www.antigravitygear.com/shop/shelters-accessories/carbon-fiber-49-pole/
Tent Stakes	Titanium Shephard's Hook Tent Stakes x6 (kept in zip pouch along with tent instructions)	1.5	https://www.antigravitygear.com/shop/shelters-accessories/titanium-shepards-hook-stake/
Ground Cloth	Gossamer Gear Polycro Ground Cloth (stored in ziplock bag)	1.7	http://gossamergear.com/polycryo-tent-ground-sheets-protection.html
Sleeping Pad	NeoAir XLite, Small (with repair patch)	7.5	http://www.cascadedesigns.com/therm-a-rest/mattresses/fast-and-light/neoair-xlite/product
Foam Pad	ThinLight Foam Pad - 1/8" (cut down to size)	1.3	http://gossamergear.com/thinlight-backpacking-pads.html
Sleeping Bag	Zpacks 10 Degree, Regular Width/Long Length (with stuff sac)	21.5	http://www.zpacks.com/quilts/sleepingbag.shtml
Wool Leggings	Oiselle Wazzie Wool Jane John Leggings	5.4	
Sleep Top	REI Silk Long Sleeve	2.8	https://www.rei.com/product/802214/rei-silk-v-neck-shirt-womens
Sleep Socks	Wool Socks	1.4	
Eye Mask & Earplugs	REI Eye Mask & Earplugs	1.2	https://www.rei.com/product/880940/rei-lightweight-eye-mask-and-earplugs-set
Stuff Sack	ZPacks Stuff Sack - Small	0.2	http://www.zpacks.com/accessories/stuff_sacks.shtml
	Sleeping Total	69.6	

Electronics & Maps	Brand/Item	Weight (ounces)	Link
iPhone	Apple iPhone 6s	5	
iPhone Case	Lifeproof Protective iPhone Case	1.4	http://www.lifeproof.com/en-us/iphone-6s/fre-for-iphone-6-iphone-6s/iplr-apl-iph15.html
Wall Charger for iPhone	Apple iPhone 6s Charger	1.4	
Headphones	Apple Earbuds	0.4	
iPod Shuffle + Charger	iPod Shuffle + Charger	0.7	
Satellite Locator Device	SPOT Gen3 Satellite GPS Messenger (with 4x batteries, cord, and instruction page)	4.8	https://www.rei.com/product/860469/spot-gen3-satellite-gps-messenger
Guidebook + Maps	Yogi's Guidebook Pages + Halfmile Maps	2	http://www.yogisbooks.com/pacific-crest-trail/pct-yogis-pacific-crest-trail-handbook
External Battery	Anker PowerCore 13000 Portable Charger (with mesh bag and power cord)	9.2	https://www.amazon.com/dp/B00Z9QVE4Q
2-V Wall Plug	(To charge external battery in town)	1	
Headlamp	Petzl e+Lite (Ultralight) Headlamp	1	http://gossamergear.com/petzl-e-lite.html
Pen	Fisher Space Pen	0.2	https://www.rei.com/product/701171/fisher-space-pen-stowaway
Storage Bag	Ziplock, Sandwich-Size	0.1	
Wallet Pouch	ZPack Wallet Zip Pouch (with license, insurance card, credit card, debit card, and cash)	1	http://www.zpacks.com/accessories/zip_pouches.shtml
	Electronics Total	28.2	
Eating & Drinking	Brand/Item	Weight (ounces)	Link
Water Filter (+ backwashing tool)	Sawyer Squeeze (stored in ziplock bag)	4.3	http://www.rei.com/product/858764/sawyer-squeeze-water-filter-32-fl-oz
Water Filtration Pouch	Sawyer 64oz	1.4	
Disposable Water Bottle	Smart Water Plastic Disposable Bottle 1L (x2)	2.6	
Disposable Water Bottle (for protein shakes)	SoBe Coconut Water Disposable Bottle (16 oz)	1.3	

Chlorine Dioxide Tablets	Katadyn Micropur Purification Tablets	0.2	https://www.rei.com/product/695229/katadyn-micropur-purification-tablets-package-of-30
Cold Soak Container	Ziplock Screw Top Container	1.9	
Titanium Spoon	Snow Peak Titanium Spork	0.5	http://www.rei.com/product/660002/snow-peak-titanium-spork
Food Bag	Zpacks Roll Top Blast Food Bag	1.5	http://www.zpacks.com/accessories/dry_bags.shtml
	Eating & Drinking Total	13.7	
Toiletries, First Aid, + Misc	Brand/Item	Weight (ounces)	Link
Scissors		1.1	
Knife		1.4	
Cord	40' Spectra Cord	1	https://www.antigravitygear.com/shop/ultralight-essentials/antigravitygear-treeline-40-spectra-725-line/
Toothbrush + Toothpaste	Aurette TOOB Brush	1.6	https://www.rei.com/product/737990/aurette-toob-brush
Towel	REI Lite Multi Towel, Small	0.8	https://www.rei.com/product/832934/rei-multitowel-lite-small-towel-14-x-10
Floss (with needle)		0.6	
Hand Sanitizer		0.7	
Anti-Chafe Cream	Bodyglide (in small GoTubb container)	0.6	
Soap	Dr. Bronner's Pure Castille Soap (in small REI plastic bottle)	1.6	
Sunscreen	Sawyer Stay-Put Sunscreen SPF 50 (in small REI plastic bottle)	1.7	https://www.rei.com/product/842871/sawyer-stay-put-system-2-sunscreen-spf-50-2-fl-oz
Insect Repellant	Repel 40% DEET and Ben's 100% DEET	2.2	
Lip Balm		0.4	
First Aid Kit: gauze, lekotape, moleskin, bandaids, antibiotic ointment, wound wipes		2.6	
OTC meds (Benadryl, Ibuprofen, Imodium, Leg Camps)		1	

Vitamins/Supplements (B-complex, Algae Omega Probiotic, B12)		0.5	
Hairties + Comb		0.8	
Tweezers		0.5	
Toilet Paper		0.7	
Pee Rag	Bandana	1.1	
Tampons	Regular, no applicator	1	
Trowel	Deuce Backpacking Trowel	0.6	http://gossamergear.com/deuce-of-spades.html
Extra Ziplock Bags	For trash, etc	0.6	
	Toiletries Total	23.1	
Extra Clothing	Brand/Item	Weight (ounces)	Link
Flip Flops - Camp Shoes		3.2	
Mid-Layer	REI Northway Plaid Shirt	6.7	https://www.rei.com/product/892304/rei-northway-plaid-shirt-womens
Insulated Jacket	Patagonia Ultralight Down Jacket	8	https://www.rei.com/product/885096/patagonia-ultralight-down-jacket-womens
Rain Jacket	Outdoor Research Helium II Jacket	5.5	http://www.outdoorresearch.com/en/womens-helium-ii-jacket.html
Socks (extra pair)	Darn Tough Hiker 1/4 Sock Cushion	1.4	http://darntough.com/women/womens-hike-trek/solid-1-4-sock-cushion
Underwear (extra pair)	Exofficio Give-n-Go Sport Mesh Bikini Brief	0.8	http://www.amazon.com/ExOfficio-Womens-Give-N-Go-String-Bikini/dp/B0036ZA2FY
Fleece Mittens	ZPacks Micro-Fleece Mittens	1.3	http://www.zpacks.com/accessories/fleecehat.shtml
Fleece Beanie	Zpacks Micro-Fleece Hat	1.1	http://www.zpacks.com/accessories/fleecehat.shtml
Buff	Original Buff	1.3	http://buffusa.com/shop-buff/women/tubular/original-buff/ca1a0a0a
Mosquito Head Net	Sea to Summit Head Net	0.7	http://www.rei.com/product/799982/sea-to-summit-head-net-with-insect-shield
Stuff Sack	ZPacks Stuff Sack - Medium	0.4	http://www.zpacks.com/accessories/stuff_sacks.shtml
	Clothing Total	30.4	
	TOTALS	192.8	

Worn on Body	Brand/Item	Weight	Link
Running Shorts	Oiselle Rogas		http://www.oiselle.com/shop/running-bottoms/roga-short
Underwear	Exofficio Give-n-Go Sport Mesh Bikini Brief		http://www.amazon.com/ExOfficio-Womens-Give-N-Go-String-Bikini/dp/B0036ZA2FY
Socks	Darn Tough Hiker 1/4 Sock Cushion		http://darntough.com/women/womens-hike-trek/solid-1-4-sock-cushion
Trail Running Shoes	Altra Lone Peak		https://www.altrarunning.com/women/lonepeak25
Gaiters	Dirty Girl Gaiters		https://dirtygirlgaiters.com/popular/runtilyoudye.html
T-Shirt	Oiselle Wazelle Short Sleeve		http://www.oiselle.com/shop/running-tops/short-sleeve/wazelle-short-sleeve
Sports Bra	Patagonia Women's Barely Bra		http://www.patagonia.com/us/product/womens-barely-bra?p=32352-0
Sunglasses	Target Sunglasses		
Hat	Picky Bars Trucker Hat		
Trekking Poles	Black diamond ultra-distance z-poles		https://www.rei.com/product/877683/black-diamond-distance-carbon-z-pole-trekking-poles-pair