

CDT Gear List



Base Weight (weight of backpack without consumable items): 13.89 pounds (6.3 kg). 5.07 pounds (2.29 kg) of which I had lost since the start of the trail.

Body Weight: 143.3 pounds (64.9 kg). 19.84 pounds (9 kg) of body weight lost since the start of the trail.

Big Four:

Shelter: Zpacks Duplex tent, burnt orange

Sleeping bag: Rab 400 Mythic 400 sleeping bag (which was a bit too cold)

Sleeping mat: Therm-a-Rest NeoAir large sleeping mat

Backpack: Hyperlite Mountain Gear 3400 Southwest, white

Cooking System:

- TOAKS titanium 750ml pot
- Sea to Summit titanium spoon
- MSR PocketRocket 2 stove
- Lighter
- Sponge
- Drying cloth

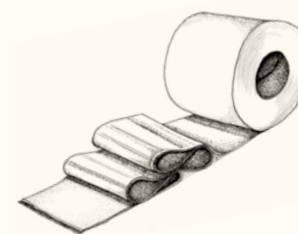
Clothing:

- Handmade linen Hawaiian shirt
- Icebreaker merino wool long-sleeved base layer
- Melanzana fleece hoodie
- Montane Men's Featherlite windproof jacket
- Montbell Versalite rain jacket
- Montbell Plasma 1000 Alpine Down parka

- Outdoor Research ActiveIce sun gloves
- Fila base gloves
- Neoprene fishing gloves
- Latex dish gloves
- Nike FC Barcelona soccer shorts
- Darn Tough Hiker Micro Crew Midweight hiking socks
- High compression socks
- La Sportiva Ultra Raptor trail running shoes (x 5)
- Dirty Girl gaiters
- Homies Foundation sun hat
- A-dam boxer briefs
- Icebreaker Men's Merino 260 Tech thermal leggings
- ZPacks Dyneema rain pants
- Sleeping beanie
- Buff

Extra Equipment:

- Black Diamond Distance Carbon Z trekking poles
- Walmart umbrella
- Tyvek wallet
- Credit card & cash
- EXPED stuff sacks x 4
- Postcard aquarelle watercolor painting paper
- Dark blue watercolor paint
- Dark yellow watercolor paint
- Two paintbrushes
- Petrified resin necklace (gift from Mom & Dad)



Medical Kit, Toiletries, & Misc.:

- Deuce of Spades trowel
- Toilet paper
- Hand sanitizer
- Tick tweezers
- Aqua Mira water treatment drops
- Ibuprofen
- Betadine antiseptic
- Alcohol wipes
- Duct tape
- Adhesive bandages



- Medical gauze
- Needle & thread
- Swiss Army knife classic with scissors
- Tent repair kit
- Tenacious Tape
- Sleeping pad repair patches
- Superglue
- Sharpies: black and silver
- Honey lip balm
- Toothbrush, toothpaste, and Soft-Picks
- BIC pen
- Earplugs
- Norit (diarrhea medicine)
- Antihistamine
- Foot tape
- Pain relief cream
- Paracetamol
- Safety pins
- Giardia antibiotics (purchased in Pinedale)

Safety and Emergency Gear:

- Garmin inReach satellite device
- Compass
- Bear spray
- Noise grenade
- Emergency whistle
- Passport
- Sunscreen
- Pit Viper sunglasses

Electronics:

- Anker power bank 20,000mAh
- Sony headphones
- Apple cordless headphones
- iPhone 13 mini on a leash
- Anker dual-port power charger
- Headlamp with three batteries



Water System:

- Sawyer water filter & back-flushing kit
- Two 1L Smartwater bottles
- Platypus 2L bladder
- SteriPEN Ultra UV purification system
- Uribag travel urinal