

Steve Fitzgerald's Backpacking Gear List – Updated 08-18-24

Category	Item	Ounces	Need?
Pack	Osprey Exos 58 Liter with top pouch (37 oz. without top pouch)	37.0	
	Day Walker Pack Rain Cover	3.5	
	Ultralight Day Pack	4.0	
Sleeping	Bag 2: Nemo Rhythm 25° F	44.0	
	Sleepingo Sleeping Pad	14.0	
	ThermoRest Pillow Cover	1.5	
	Freelixy Compression Sack	3.0	
	Nemo Switchback Foam Sleeping Pad	14.5 Oz.	
Shelter	Near Zero 2-Person "Ultralight" Tent	47.0	
	Near Zero 2P Footprint with clips	6.5	
	Crush Light	3.5	
	Vestibule ground cover	4.0	
	Lux Lite LED Water Resistant Headlamp ~30 hours/battery	2.5	
Water	Gravity Works 2L System / Platy Bottle	12.	
	4 L Water Containers (One Bottle Per Liter Recommended)	35.2	
Essentials	Oleo Satellite Communicator	5.3	
	ITwist 5,000 mAh battery packs (1 phone charge each) (4.0 x 2)	8.0	
	Map: (Topographical) (In sealed plastic bag)		
	Compass: (Silva type 3 or type 7)	2.0	
	Sunglasses: (Good UV protection and neck strap)		
	Bic Lighter: (Sealed in plastic bag)		
	Fire Starter: (Cotton balls soaked in petroleum jelly or "Wet Fire", etc.)		
	Pocket Knife: (Light weight)	3.5	
	Whistle: (With cord, unless built into your backpack)		
	50' of Cord: (Parachute, tent, construction, nylon)		
	Sun Screen: (Lotion – SPF 35 or above)		
	Lip Protection: (Balm, stick, etc.)		
	Insect Repellent: (Highest concentration possible)		
	REI Day Hiker First Aid Kit	5.5	
	<u>Optional:</u>		
	Compactor Bag: (Used to protect pack and gear from rain. A large trash bag can be substituted) Ear Plugs: (Wind, snoring,		

	etc.)		
	Trekking Poles: (Shock absorbing recommended) Make sure that they have baskets.		
Kitchen	BearVault Bear Canister BV450 Jaunt (Suggestion, not Required)	33.0	
	Near Zero Mini Stove	1.6	
	MalloMe Camping 1 L Pot w/Top	7.5	
	Plastic thermal cup w/lid	4.5	
	Sponge		
	Fuel Canister: (1 medium canister, can be shared)		
	Spark Lighter		
Clothes	Boots		
	Trekking Poles	21.0	
	Water shoes	7.5	
	AE Sandals (old/worn)	3.0	
	Terramar Thermasilk Shirt & Pant	6.5	
	WEERTI Thermal Base Layer	14.5	
	2 sock liners, 1 thick wool sock, 1 hiking sock, 2 briefs, : (Wool, polypropylene, smart wool. 2 mid weight, 2 liners (not everyone uses liners)) Underwear: (Synthetic material such as fast drying athletic, 2)	15.0	
	1 short 1 long sleeve synthetic shirt	12.0	
	Red ledge – black rain pants	8.0	
	Amazon Water Resistant Puffer Jacket	15.5	
	Acrylic Balaclava	7.5	
	Acrylic hat, glove liners, warm gloves		
Toiletries	GSI Trowel & Gallon zip lock back	3.1	
	Toilet paper and/or wipes		
	Wash cloth		
	Ultralight pack towel	3.5	
	1 oz. Dr. Bronner's		
	Toothbrush & .05 oz. toothpaste		
	Small floss or floss strips		
	Ear plugs		
Breakfast	TJ Instant Oatmeal 2 packs (1.4 oz. each)	1.4	
	Crispy fruit freeze dried mango	0.6	
	Banana crisps, + 4 stevia packets, 1/8 tsp. cinammon	0.5	
	Quaker Instant Grits 6 packs	6.0	
	Bacon Bits	2.0	
Lunches	TJ Savory Thin Rice Crackers (2)	6.8	

	Salmon pack	5.0	
	Tuna packs	5.0	
	TJs Peanut Butter Granola Bars (5)	6.5	
	TJs Simply Nutty Bars (5)	7.0	
Dinners	Mountain House Chicken Curry	3.9	
	Polar pink salmon	2.5	
	Mountain House Spaghetti and Meatballs	4.2	
	Bacon bits	1.0	
	Shredded cheese	1.0	
Drinks	Coffee, Decaf, Tea Bags, Crystal Light, Stevia Packs		

Capellini with Salami & Bacon Bits

1. Pour 1 cup boiling water over the pre-blended contents, cover, let stand 30 min.:
 - ¼ cup dried tomatoes
 - 3 Tbsp. bacon bits
 - 4 Tbsp. salami
 - 1 Tbsp. onion powder
 - 1 tsp. dried garlic
 - 1 tsp. dried parsley
 - 1/2 tsp. dried basil
 - 1/2 tsp. salt
 - 1/4 tsp. dried oregano
 - 1/2 chicken bouillon cube
2. Add cup water and bring to boil
3. Add 2-3 oz. dry Capellini pasta
4. Boil 3 min.
5. Add to the pot and serve/eat:
 - a. TJ marinated artichokes 1.58 oz.
 - b. TJ pitted manzanillo olives 1.05 oz.