

Advanced SUL Gear List (3 Season, 20+ Degrees)

#	Item:	Example:	Weight (oz)	Cost:	Sold at:
Clothing Worn:			17.55	\$ 232.00	
1	Shirt	BPL Merino Wool LS Crew Shirt	4.90	\$ 70.00	Backpackinglight.com
2	Pants	BPL Thorofare Pants	4.00	\$ 77.00	Backpackinglight.com
3	Underwear	BPL Merino Wool Shorts	3.70	\$ 40.00	Backpackinglight.com
4	Socks	Smart Wool PHD Mini Crew Socks	2.20	\$ 20.00	REI
5	Sun Hat	Columbia Booney Hat	2.75	\$ 25.00	REI
Other Items Worn/Carried:			32.90	\$ 227.00	
6	Watch	Timex Watch	0.90	\$ 20.00	Walmart
7	Hiking Staff/Poles	BPL Stix Carbon Fiber Poles	8.20	\$ 110.00	Backpackinglight.com
8	Bandana	Generic Bandana	1.05	\$ 2.00	REI
9	Map	Photocopy of Map (in pocket)	0.75	\$ -	Home
10	Shoes	Inov8 Flyrocs 310 - Trail Runners	22.00	\$ 95.00	runningwarehouse.com
Extra Clothing:			14.60	\$ 330.00	
11	Wind Jacket	Golite Wisp Jacket	2.80	\$ 80.00	BackcountryGear
12	Rain Pants	None	0.00	\$ 70.00	
13	Insulating Jacket	Montbell UL Down Inner Jacket	6.8	\$ 140.00	BackcountryGear
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
Packing:			12.55	\$ 168.50	
17	Backpack	MLD Prophet	11.75	\$ 160.00	Mountainlaureldesigns
18	Clothing & Shelter Bag	Zpacks Medium Cuben Stuff Sack	0.60	\$ 8.50	zpacks.com
19	Essentials Bag	Ziplock Bag	0.20	\$ -	Home
Shelter & Sleeping:			35.95	\$ 762.00	
20	Sleeping Bag	Nanutak Arc Alpinist	20.0	\$ 387.00	nanutak.com
21	Sleeping Pad	Gossamer Gear 3/8" Thin Light - Trimmed	3.5	\$ 20.00	gossamergear.com
22	Tarp	MLD Spectralite Poncho	3.90	\$ 155.00	Mountainlaureldesigns
23	Bivy	MLD Superlight Bivy	6.20	\$ 165.00	Mountainlaureldesigns
24	Stakes	BPL Lazr Ti Stakes (x8)	1.75	\$ 20.00	Backcountry Gear
25	Tarp Line	Kelty Triptease Line (8 x 3 ft = 24 ft)	0.60	\$ 15.00	Backcountry Gear
Cooking & Hydration:			9.85	\$ 145.00	
26	Water Storage	Platypus 2.5 lt. Water Bottle	1.30	\$ 10.00	REI
27	Water Carrier	Platypus 1 lt. bottle	0.90	\$ 8.00	REI
28	Water Purification	Katadyn Micropur, Purifications Tabs (6/day x 3 = 18)	0.45	\$ 10.00	REI
29	Bear Bag System	Trip Tease 35' + REI Small Tuff Lite Sack 7x15 + Mini-biner	1.85	\$ 26.00	REI
30	Cooking Pot	Firelite 550 Pot and Lid	2.75	\$ 40.00	Backpackinglight.com
31	Stove	Caldera Cone (Cone and Stove)	1.50	\$ 30.00	anitgravitygear.com
32	Soap	Dr Bonner's Camp Soap in microbottle	0.30	\$ 10.00	REI
33	Lighter	Bic Mini Lighter	0.40	\$ 1.00	Walmart
34	Spoon	Firelite Long Handled Ti Spoon	0.40	\$ 10.00	REI
Essentials:			3.35	\$ 44.00	
35	Compass/Thermometer	REI Keychain Thermometer/Compass	0.30	\$ 10.00	REI
36	Single Whistle	Fox 40 Safety Whistle	0.20	\$ 10.00	REI
37	Flashlight	Photon Freedom Light	0.30	\$ 10.00	REI
38	Repair/First Aid Tape	5 feet of Duct Tape	0.30	\$ -	Home
39	Toothbrush	Toothbrush - saw off handle	0.30	\$ -	Home
40	Floss	Mini Floss	0.20	\$ -	Home
41	First Aid	Gauze Pads x2, Several Band Aids, Antibiotic Ointment, Needle	0.50	\$ -	Home
42	Spare Fire Source	Match Book	0.15	\$ -	Home
43	Sunscreen	Sunscreen - microbottle	0.30	\$ 2.00	REI
44	Insect Protection	100% Deet - microbottle	0.30	\$ 2.00	REI
45	Medicine	2 imodiums, 2 bendryls, 4 pseudofeds, 16 ibuprofins	0.30	\$ -	Home
46	Knife	Swiss army knife scissors	0.20	\$ 10.00	Walmart
Consumables:			76.00	\$ 21.00	
47	Food	Total Food (2 days)	40.00	\$ 20.00	Walmart
48	Stove Fuel	Alcohol	4.00	\$ 1.00	REI
49	Water	Water - 1 liter	32.00	\$ -	Trail
1	Total Items Worn/Carried (lbs.)		3.15	\$ 459.00	
2	Total Base Weight (lbs.)		4.77	\$ 1,449.50	
3	Total Weight of Consumables (lbs.)		4.75	\$ 21.00	
4	Total Carried Pack Weight (2)+(3)		9.52	\$ 1,470.50	
5	Total Skin Out Weight (1)+(2)+(3)		12.67	\$ 1,929.50	

Notes:

Gear on this list requires advanced skills. One should be capable of tarp camping, quilt sleeping, and cooking on alcohol stoves. Many items on this list require knowledge of cottage industry. This gear often requires customization to fit one's exact needs and patience to wait while your gear is built.