

Ultralight Backpacking Gear List

Pack	
GoLite pack	14.3 oz
Shelter	
Tarp (3 person)	26.1 oz
Stakes (9) and stowbag	4.0 oz
Mylar ground sheet	2.0 oz
Marmot Hydrogen	24.4 oz
Closed cell foam pad	7.6 oz
Clothing	
Fleece hat	2.1 oz
Socks (1 pair heavy polyester)	1.4 oz
EMS urethane rain jacket	6.7 oz
EMS urethane rain pants	6.1 oz
EMS polyester tee shirt	6.6 oz
Target fleece shirt	10.8 oz
Coolmax underwear	3.1 oz
Kitchen	
Alcohol stove & fuel bottle	1.8 oz
Matches, candles, & duct tape	0.6 oz
Aluminum pot w/ lid and handle	4.5 oz
Plastic cup	0.6 oz
Lexan spoon	0.4 oz
Platypus water bag and tube	3.4 oz
Pot scrubber	0.2 oz
Water purification tables & bottle	2.3 oz
Personal Items	
Meeh ditty bag	0.3 oz
Towel (1/4)	0.6 oz
Tooth brush & tooth paste	0.7 oz
Small army knife	0.7 oz
Sunglasses	0.7 oz
Insect repellent	0.7 oz
First aid kit & sewing kit	3.1 oz
Headlamp	1.6 oz
Compass	0.8 oz
Yellow Cord (100')	1.5 oz
Toilet paper and soap	2.0 oz
Sunscreen & medical tape	1.5 oz
Deodorant	1.0 oz
Sanitizer	0.9 oz
Entertainment & Other	
Gateway camera	7.5 oz
Paper & pen	2.0 oz
Total Dry Weight	9.7 lbs

Some Favorite Backpacking Recipes

Enchiladas by John Tillema (This one takes some prep time, but it is well worth it!)

Ingredients: hamburger, taco seasoning (optional), corn tortillas, cheese (hard cheeses will last better w/o refrigeration), enchilada sauce (505 red sauce is my favorite), green onions, salsa.

Preparation before trip: Pre-cook hamburger with or without taco seasoning. Dehydrate hamburger, enchilada sauce, onions and salsa.

Rehydrate all ingredients before cooking. Hamburger takes about 60 minutes. Onions and sauces take 30 minutes. Layer a pot with sauce, tortilla, meat, cheese, sauce, tortilla, meat, cheese,... Top with green onions. Cook on stove until cheese melts and all is hot. Serve with salsa on for extra flavor. (Now if I could just figure out how to pack sour cream...)

No Bake Cobbler by Dan O-Canna

Ingredients: Dried fruit, Sugar, Water, Biscuit mix, Spices

Match the spice to the fruit. Cinnamon is great with apples and peaches. You may wish to try Allspice or Nutmeg, too/instead. Line cook pot with aluminum foil. Mix dried fruit with an equal volume of sugar. Cover fruit mix with about two times volume of water. (If the fruit is 1" deep in the pot add water to make a total of 2" water and fruit.) Spice to taste. Simmer for about 15 minutes to rehydrate fruit. Mix biscuit mix with about 1/4 volume sugar and spice to taste. Add water and mix to make a soft dough. This can be done in a zipper type plastic bag. Add by spoonfuls to the top of the simmering fruit. Cover and cook on lowest heat for about 20 minutes. DON'T PEEK... Removing the lid while cooking can cause the dumplings to fall and become hopeless dough balls. Don't let the fruit scorch from too much heat.

You may want to try this recipe at home to adjust the sugar and spices to suit yourself, before taking it on the trail.

Dehydration tips:

- Mark ziplock bags with amount of water you need (for example if you dried out 8oz of salsa and want to rehydrate it, mark a bag with 8oz of liquid). Then on the trail no measuring cups are needed.
- For things that need longer rehydration (meats or fruits), start rehydration early. In fact, you can start the rehydration before hitting camp. Say 2 hours before you are to hit camp, pull out the food, put liquid in the ziplock bag, put in your pack and keep hiking.