



Backpacking Light's 3CT Gear List

Function	Item		Weight
<i>Backpack Options</i>			
Aarn	Featherlite Freedom*	62-67lt	1900
	Peak Aspiration	40-50lt	1600
Balance Pockets	Compact Bal Pockets R or S	5/6lt	290
	Sport S or R	12lt	388
<i>Footwear</i>			
Shoes	AKU Mio/Mia		
	TOPO MT/ Hydroventure*		400
Sandals	Luna Mono *		150
Hut Booties	Montane Prism Bootie	XS-XL	
<i>Technical Clothing</i>			
Insulation Jacket	Montane Prism Jacket *		418
Rain Jacket	Montane Minimus Mountain		250
Rain Pant	Montane Minimus Pant		150
Tarp/Poncho	S2S 15d Nano Poncho *		145
<i>Worn Clothes</i>			<i>grams</i>
Hat	Exofficio Bugs Away Hat*		70
Neck Scarf	Buff Head Scarf*		20
Base Layer Top	Montane Primino Top*		97
Socks	Smartwool PhD Ultra Light Hike (x2) *		120
Undies	Exofficio Give'n'Go (x2) *		70
Pants	Montane Pack Pants *		285
<i>Recommended Gear</i>			
Sleeping Bag	Sea To Summit MICRO II*	Reg/Lrg	600
Walking Poles	Black Diamond Z-poles*	100-130cm	265
Headtorch	Petzl E+lite		26
Water Carriage	Platypus "Platy Plus" Bottle (x2) *	1+1lt	52
Travel Towel	Packowl Personal *	Large	115
Cooking utensils	Sea to Summit Delta Camp Set		287
Wash bag	Scrubba		145
LIGHTEST ESSENTIAL TOTAL			
approx.			4.9kg
<i>Items included in the total(*)</i>			