

Charlene's Gear List						
		in pack	wear/carry	consume	total	Comments (After Walking)
item	description/notes	16.7	7.9	2.7	27.3	TOTAL LBS
PACK - SHELTER - SLEEPING		71.5	0.0	0.0		TOTAL OZ
backpack	Osprey Kyte 46	21.0				Just right
sleeping pad	Thermarest ProLite	16.0				Never needed. Regretfully left behind to reduce weight.
sleeping bag	LaFuma 45F	24.0				Loved having my own bag; perfect warmth
silk travel sheets	Cocoon Mummy Liner Silk	4.4				Didn't use. Wish I would have brought travel pillow case only
pillow	Cocoon Hyperlite Aircore Travel Pillow	2.4				Loved having my own pillow
dry packs	Outdoor Produce 3-pack Ultimate	3.7				These really helped organize my clothes in my pack & keep damp clothes separate
CLOTHING		107.1	83.2	0.0		TOTAL OZ
panties	3 Exoficio	2.0	1.0			Perfect amount; lost one
bra	2 Champion Sport	3.5	3.5			Perfect amount
sleepwear	1 Champion shorts (inner cut out) & tank	5.4				Loved having sleep clothing
base layer bottoms	1 REI	7.0				Used for sleep on colder nights
raingear (jacket)	1 REI	17.2				Needed lighter weight tech jacket, just didn't want to spend the money at the time
raingear (bottoms)	1 REI	9.1				Not useful for rain (sweat inside/opt for poncho), used later as extra long pants
shorts	1 REI	6.6				
long pants	1 REI		12.4			
skirt	1 REI	8.9				Used almost every night after shower
long sleeve shirt	2 REI	7.4	7.4			Good sun protection
short sleeve shirt	2 REI	10.8				Could have survived with three shirts
light fleece	1 North Face		7.0			Bought lightweight down jacket in Leon when temp dropped
gloves	1 glove liner	1.2	1.2			Only needed one
sun hat	Columbia					Didn't like
fleece hat	Underarmour	1.4				Perfect for wet hair when weather got colder
bandana	2 REI	1.2	1.2			Wore one everyday
buff	1 Buff	1.4				Wore as scarf in evenings
hiking socks	2 Smartwool	2.3	2.3			Could have used 3rd pair for rainy days
silk sock liners	2 Smartwool	1.5	1.5			Perfect for blister prevention
sleeping socks	1 Smartwool	1.5				Perfect
hiking boots	Montrail		45.2			I prefer hiking boots over lighter weight shoes
sandals	Ecco Yucatan	18.7				Wore every evening
flip flops for shower		0.0				Did not bring
handkerchief	Cotton		0.5			Perfect
COOKING - WATER		12.9	0.0	0.0		TOTAL OZ
platypus bladder	Platypus Big Zip 3L	5.8				Worked great with backpack. Great size
bottle	CamelBak eddy 25fl oz water bottle	5.0				Good to have with me in my bunk
multi-tool		1.7				
spork		0.4				
TOILETRIES		47.4	0.4	0.0		TOTAL OZ
Toiletry organizer	Sea-to-Summit Hanging Toiletry Bag	4.7				
toothbrush		0.5				
toothbrush cap		0.4				
toothpaste		0.9				
floss		0.5				Did not floss.
razor		0.7				Only shaved in Santiago, could have purchased there.
body wash/shampoo/cond		3.7				I ended up using shampoo and a shower puff as body wash.
antiperspirant		1.4				
body lotion		3.5				
sun block	Riemann P20 Once-a-Day 10 hour SPF20	3.7				
lip balm			0.4			
towel/washcloth		1.4				Brought super small towel and wished I had brought a full size quick dry towel.
tampons/pads		1.4				
sanitizing gel		1.5				
wet wipes		2.3				
vaseline		2.2				Secret weapon against blisters. Coated feet with Vaseline before socks and boots.
blister pads/bandaids		2.0				
antibiotic ointment		0.6				
muscle ache cream		0.6				
diarrhea meds		0.7				
nail clipper/file		0.7				
tweezers (on multitool)		0.0				
safety pins/clips		0.2				Used to pin damp socks to backpack to dry.
needle/thread		0.0				
toilet paper w/ baggie		1.3				
tissues		0.7				
fud		0.5				Did not use. Plenty of villages with restrooms.
earplugs		0.3				
duct tape		1.0				
drain plug		1.5				
clothes detergent		0.5				
clothesline		0.9				Not useful. Clotheslines at most albergues.
nail brush		1.6				
emergen-C		0.5				
prescription meds		5.0				
MISCELLANEOUS ITEMS		28.7	42.7	0.0		TOTAL OZ
sunglasses w/ cord	Maui Jim Banyons		1.5			
trekking poles	Black Diamond Alpine Carbon Cork		17.2			
flashlight/headlamp	Black Diamond Cosmo 70 lumens	3.2				
iphone w/ charger cord	iPhone 5	1.5	8.0			
adapter		0.5				
solar battery		5.9				Did not use. Would have left, but it was borrowed.
guide book	Camino de Santiago by John Brierley		10.0			
journal		6.9				
pen/pencil		0.4				
meditation book		0.5				
money belt			1.2			
passport			1.2			
pilgram passport			1.0			
drivers license			0.1			
debit card			0.2			
credit card			0.1			
cash			1.0			
tickets/confirmations			1.0			
emergency numbers			0.0			
health insurance proof			0.2			
mylar emergency blanket		1.8				
day purse		8.0				Kept everything in pockets. Gave purse away.
CONSUMABLES		0.0	0.0	43.0		TOTAL OZ
food - snacks				16.0		
water				24.0		
electrolyte tablets				3.0		