

# 2021 Ultralight Backpacking Gear List 9 lb

[litetrail.com/ultralight-backpacking-gear-list](http://litetrail.com/ultralight-backpacking-gear-list)

Updated March 21, 2021.

Over a decade of refinement, obsession, and testing has gone into the creation of this ultralight backpacking gear list. A sub 10-pound backpacking base weight, 3-season capable, durable, efficient, full-featured, and smile enhancing UL gear list. Comfortable in temperatures down to 20°F, with generous safety, survival, and first aid essentials.

The following UL backpacking gear list contains the author's\* personal selections currently used for the 2021 season. \*Male, 5 ft 9 in, 160 lbs/ 175 cm, 72.5 kg.

## Worn/Carried

Clothing and gear that is worn or carried separate from your backpack. Typically, this is your core hiking clothing, shoes, watch, and trekking poles.

The items in this section aren't included your [Backpacking Base Weight](#), and should only include the primary items you actually wear and carry outside your backpack. Resist the temptation to "hide" gear, for example your mobile phone shouldn't be included in this section.



The author's typical Worn/Carried setup. Temple Crag, Sierra Nevada.



Patagonia Capilene Cool Trail SS Shirt



Patagonia Strider Pro Shorts



Darn Tough Hiker Micro Crew Socks



Hoka One One Torrent Shoes



Zpacks Carbon Fiber Trekking Poles

Worn/Carried	Item	Cost	Weight
Shirt	<a href="#">Patagonia Capilene Cool Trail SS Shirt</a> , S19 Men's M	\$39.00	4.45oz
Shorts	<a href="#">Patagonia Strider Pro Shorts</a> , Men's M	\$69.00	3.50oz
Socks	<a href="#">Darn Tough Hiker Micro Crew Socks</a> , Size L	\$22.00	2.60oz
Shoes	<a href="#">Hoka One One Torrent Shoes</a> , Men's 9.5	\$120.00	18.00oz
Accessories	<a href="#">Hat</a> , <a href="#">Buff head wear</a> , <a href="#">cotton bandanna</a> , <a href="#">Oakley Turbine sunglasses</a> , <a href="#">Suunto Core watch</a>	\$455.00	7.00oz
Trekking Poles	<a href="#">Zpacks Carbon Fiber Trekking Poles</a>	\$99.00	13.40oz
<b>Total Worn/Carried</b>		<b>\$804.00</b>	<b>48.95oz</b>

## Base Pack: Backpack

Number one of the "Big Three", your backpack will need to fit everything not included above in the *Worn/Carried* section.

Base Pack: Backpack	Item	Cost	Weight
Backpack	Internal Frame, Hipbelt w/Pockets: <a href="#">Hyperlite Mountain Gear 3400 Junction</a> , Color White, Size M	\$355.00	32.00oz
Alternate	Frameless: <a href="#">Pa'lante Packs V2 Backpack</a> , S18 Black 37L Size 19", non-hipbelt version	\$245.00	15.70oz
Optional	Pack Liner: <a href="#">Zpacks NyloPro Odor Barrier Bags</a> , Extra Large, 20"x36"	\$6.00	1.00oz
<b>Total Base Pack: Backpack</b>		<b>\$355.00</b>	<b>32.00oz</b>

## Base Pack: Shelter

Number two of the "Big Three", a bivy, tarp, or tent are common shelter options, along with stakes, guylines, and optionally a groundsheet.

Base Pack: Shelter	Item	Cost	Weight
Shelter	<a href="#">Zpacks Hexamid Pocket Tarp w/ Doors</a> , S20 DCF6	\$299.00	4.75oz
Alternate	Fully Enclosed w/Bathtub Floor: <a href="#">Zpacks Plexamid Tent</a> , DCF6	\$549.99	15.30oz
Guylines	Braided polyester dyneema core <a href="#">2mm reflective</a> 1x75", 2x54", 5x32", <a href="#">1mm accessory</a> 1x96"	\$0.00	1.15oz
Stakes	<a href="#">Easton Nano Spike</a> 2x8", <a href="#">MSR GroundHog</a> 4x7.5", <a href="#">Ti Shepherd Hook</a> 4x6", <a href="#">MLD DCF Tent Stake bag</a> Size L	\$38.49	3.75oz
Groundsheet	<a href="#">Window Shrink Film</a> 44x84"	\$2.25	1.50oz
Alternate	<a href="#">Gossamer Gear Polycryo (Tent Footprint) Ground Cloths</a> , Size M 40x96"	\$6.00	1.60oz
<b>Total Base Pack: Shelter</b>		<b>\$339.74</b>	<b>11.15oz</b>

## Base Pack: Sleeping

Number three of the "Big Three", is your sleeping bag or quilt, and is accompanied by a sleeping pad, and optionally a pillow.

Base Pack: Sleeping	Item	Cost	Weight
Sleeping Bag	<a href="#">Feathered Friends Tanager 20 CFL</a> , S20 68" 12.6oz 950+ down fill	\$369.00	18.60oz
Alternate	Quilt w/Sewn Footbox: <a href="#">Enlightened Equipment Enigma Quilt</a> , 20°F, 7D shell, 13.83oz 950 down fill	\$410.00	19.25oz
Sleeping Pad	<a href="#">NEMO Switchback</a> , Size Regular* (two panels removed), S20	\$49.95	12.60oz
Alternate	Inflatable Pad: <a href="#">Thermarest NeoAir XLite</a> , Size Women's R	\$174.95	12.00oz
Pillow	<a href="#">Big Sky DreamSleeper UltraLight Pillow</a>	\$24.95	1.55oz
<b>Total Base Pack: Sleeping</b>		<b>\$443.90</b>	<b>32.75oz</b>

## Base Pack: Clothing

Clothing items not normally worn/carried such as rain gear, sleepwear, and puffy insulation layers.

Base Pack: Clothing	Item	Cost	Weight
Top, Shell	<a href="#">Arc'teryx Zeta FL Rain Jacket</a> , S19 Men's M	\$325.00	7.35oz
Top, Base	<a href="#">Patagonia Capilene Thermal Weight Zip Neck</a> , S19 Men's M	\$99.00	6.50oz
Top, Insulation	<a href="#">Patagonia Micro Puff Jacket</a> , F18 Men's M	\$249.00	8.15oz
Bottom, Shell	<a href="#">Montbell Versalite Rain Pants</a> , S19 Men's M	\$139.00	3.20oz
Bottom, Base	<a href="#">Patagonia Capilene Midweight Bottoms</a> , S19 Men's M	\$59.00	5.90oz
Bottom, Insulation	Base layer bottoms are sufficient for average 3-season conditions	\$0.00	0.00oz
Head	<a href="#">Sea to Summit Mosquito Head Net</a> , <a href="#">Smartwool Merino 250 Beanie</a> , <a href="#">Enlightened Equipment Hooligan Hat</a>	\$120.00	3.45oz
Hands, Feet	Darn Tough Socks (spare), <a href="#">PossumDown Sleep Socks</a> , <a href="#">PossumDown Gloves</a> , <a href="#">Zpacks Vertice Rain Mitts</a>	\$115.00	6.25oz
Stuff Sack	Use backpack pack liner (multi-use)	\$0.00	0.00oz
Alternate	DCF: <a href="#">Zpacks Medium Stuff Sack</a>	\$20.00	0.25oz
<b>Total Base Pack: Clothing</b>		<b>\$1,106.00</b>	<b>40.80oz</b>

## Base Pack: Gear

Gear items not normally worn/carried such as your cookset, first aid kit (FAK), and electronics.

Base Pack: Gear	Item	Cost	Weight
Essentials	<a href="#">Nitecore NU25 headlamp</a> , <a href="#">Victorinox knife</a> , micro carabiner, mini butane lighter, pen cartridge, ear plugs, needles, safety pins, water filter gasket, inflatable pad patch, <a href="#">tenacious tape</a> , <a href="#">gaffer's tape 2"x6'</a> , <a href="#">small storage case</a>	\$55.00	4.00oz
Survival	<a href="#">SOL Fire Lite Kit with Tinder-Quik</a> x6, <a href="#">water purification tablets</a> x6	\$11.00	0.35oz
First Aid	<a href="#">Triple antibiotic</a> , ibuprofen, acetaminophen, diphenhydramine, loperamide, aspirin, steri-strips, bandage tape, tweezers, small storage case	\$10.00	1.65oz
Hygiene	<b>All items unscented:</b> Chapstick, <a href="#">mineral sunscreen</a> 15mL, <a href="#">picaridin insect repellent</a> (pump spray, not lotion) 15mL, <a href="#">benzalkonium hand sanitizer</a> 15mL, <a href="#">Wheaton 15mL Dropper Bottle</a> x3 (for repackaging), <a href="#">soap sheets</a> , toothbrush, toothpaste, floss, <a href="#">ultra-slim nail clipper</a> , <a href="#">Deuce #1 trowel</a>	\$36.00	4.00oz
Electronics	<a href="#">Aukey PB-Y13 10000mAh USB-C Power Bank</a> , USB-C/Micro cables, adapters, wall charger, wired audio earbuds, Android phone (excl. from cost)	\$30.00	14.00oz
Stuff Sack	<a href="#">Hyperlite Mountain Gear DCF8 Drawstring Stuff Sack Small</a> (8x10, contains all of the above)	\$24.00	0.28oz
Satellite	<a href="#">Garmin inReach Mini</a> satellite messenger	\$349.99	3.40oz
H2O Storage	<a href="#">CNOC Vetco 2L Water Container</a> S19, Smart Water 1L bottle	\$19.95	4.00oz
H2O Treatment	<a href="#">Sawyer Squeeze Micro</a> with Smart Water sport cap	\$27.95	2.00oz
Food Prep	<a href="#">650ml Ti Mug</a> , <a href="#">Soto Amicus</a> without igniter stove, <a href="#">Ti long handle polished bowl spoon</a> , <a href="#">Zpacks Mini Stuff Sack</a> , cozy, rag	\$90.00	6.25oz
Food Storage	Two-handle grocery store plastic bag (thicker type)	\$0.00	0.90oz
Alternate	DCF Roll-Top w/Flat Bottom: <a href="#">LiteAF Flat Bottom Food Bag</a> , 11L Size S	\$21.95	1.20oz
Alternate	Bear Bag ~5-Day Supply: <a href="#">Ursack Major Bear Bag</a>	\$89.95	7.60oz
Alternate	Bear Canister ~3-Day Supply: <a href="#">Lighter1 Lil' Sami Bear Canister</a>	\$99.95	28.00oz
Alternate	Bear Canister ~7-Day Supply: <a href="#">BearVault BV500 Food Container</a>	\$79.95	40.00oz
<b>Total Base Pack: Gear</b>		<b>\$653.89</b>	<b>40.83oz</b>

## Consumables

Food, water, fuel, and some toiletries are consumable items not included in *Worn/Carried* or *Base Pack* weight calculations.

Consumables	Item	Cost	Weight
H2O	1L (typical carry)	\$0.00	35.20oz
Food	20oz / day x 4 days (typical resupply)	\$50.00	80.00oz
Fuel	1x3.9oz (110g) <a href="#">MSR IsoPro fuel canister</a>	\$4.95	7.40oz
<b>Total Consumables</b>		<b>\$54.95</b>	<b>122.60oz</b>

## Grand Total

Here's where your hard work in selecting the best clothing and gear become reflected in the total weight of your *Base Pack* and *Full Skin Out* (FSO) or Complete weight.

Grand Total			
<b>Total Base Pack</b>		<b>\$2,898.53</b>	<b>9.85lb</b>
<b>Total Complete</b>		<b>\$3,757.48</b>	<b>20.57lb</b>