

Sub 4 Summer 2008 in the Alps  
temperatures must be above 32° F

		in pack	wear / carry	consume	total
<b>item</b>	<b>description / notes / rationale</b>	<b>3,06</b>	<b>3,34</b>	<b>0,00</b>	<b>6,40</b>
<b>PACK - SHELTER - SLEEPING</b>					
backpack	MLD Revelation 2007	3,3			
waterproof pack cover	use poncho	0,0			
sleeping pad	GG Thinlight 3/8" cut to Torso Size	2,0			
shelter	MLD Spectralite .60 Poncho Tarp	3,6			
shelter support (poles, etc.)	use trekking poles	0,0			
stakes	6 Lazr Hi-Vis Titanium Stakes	1,3			
guylines	BMW AirCore NANO	0,1			
sleeping bag	Nunatak USA Arc Ghost custom	15,0			
bivy sack	MLD LiteSoul Bivy custom	4,4			
ground sheet	GG Polycryo - small	1,2			
<b>CLOTHING</b>					
underwear - bottoms	Athletic support briefs		0,9		
base / wicking layer top	Smartwool Microweight Crew		6,0		
base / wicking layer bottom	RailRiders Ecomesh Pant		9,0		
insulating top	Western Mountaineering Flash Vest	3,5			
raingear top	use Poncho	0,0			
raingear bottoms	BPL NANO Chaps	0,9			
waterproof glove shells	use ziplocs in emergency	0,0			
windgear top	GoLite Wisp Wind Shirt	3,0			
warm gloves	None - use spare socks as mittens	0,0			
warm hat	Homemade Ray-Way Bomber Hat	1,1			
sun hat	BPL Shade Cap		2,4		
neck protection	ExOfficio BUZZ OFF Lite Bandana		0,9		
socks	Falke Double Dry		1,4		
spare socks	Falke Ergonomic Run	1,8			
shoes	Salomon		25,0		
<b>COOKING - WATER</b>					
stove	FireLite Titanium Esbit Wing Stove	0,4			
windscreen	Homemade from Aluminium Foil	0,5			
matches / lighter	Waterproof Matches	0,3			
cook pot	FireLite SUL 550	1,4			
cook pot lid	Homemade from Aluminium Foil	0,2			
utensils	Plastic Spoon	0,4			
food storage bag	Aloksak O.P.	0,9			
water storage	2l Platy	1,3			
water storage	1l Platy	0,9			
<b>MISCELLANEOUS ITEMS</b>					
flashlight / headlamp / whistle	Photon Micro III Red, ACR on lanyard		1,0		
trekking poles	GG Flightrek proto 120 cm		5,2		
headnet		0,0			
bug dope	None	0,0			
sun				0,0	
toothbrush	GG Finger toothbrush	0,2			
toothpaste	use Dr. Bronner's	0,0			
hygiene	Dr. Bronner's soap in MicroDropper	0,3			
toilet paper				0,0	
blister & minor wound care	bandaids, compeed	0,4			
meds	Aspirin, Ibuprofen	0,3			
repair	duct tp,needle,thread,sfty pin,razor bld	0,3			
compass	None	0,0			
entertainment	iPod nano 8 GB		1,6		
maps		0,0			
<b>CONSUMABLES</b>					
food				0,0	
water				0,0	
fuel	Esbit			0,0	