

FALL 2007 ABSAROKA BACKBONE :: RYAN JORDAN

notes: The Absaroka Backbone follows the hydrologic divide of the Absaroka Range from Livingston, Montana to Crow Creek, Wyoming. The crest itself is exactly 300 miles. This route follows the crest and high alpine benches below the crest, and is mostly off-trail and above 9,000 feet. The total route distance is about 400 miles. I expect to take 18 days' food and will hike the route solo without resupply. There will be two road crossings. My plan is to hike the route in the fall, to take advantage of cooler daytime hiking temperatures and stable weather (fewer thunderstorms), and hope to finish before fall snows come. Date range will be September 10-28, 2007. Temperatures at these elevations average 20F (lows) to 55F (highs) with probable ranges of 15F to 65F.

base weight (a):	9.11 lbs	food weight (c):	35.14 lbs
worn / carried (b):	3.78 lbs	total calories:	79,598 Cal
FSO, dry weight (a+b):	12.89 lbs	caloric density:	142 Cal / oz
starting pack weight (a+c):	44.25 lbs		
FSO, total (a+b+c):	48.03 lbs		

todo	weight distribution			item information		food energy		weight summary					
<input checked="" type="checkbox"/>	\$	wear	pack	eat	item	description	weight (oz)	qty	cal/oz	total cal	wear	pack	eat
BACKPACK													
			x		harness	CUSTOM DRY BAG PACK HARNESS	16.00						16.00
			x		framesheet	LAMINATED PE / EVA FRAMESHEET	2.00						2.00
			x		frame stays	7000 ALUMINUM 3/4" X 1/16" INTERNAL FRAME STAYS	2.00						2.00
			x		packbag	SEA TO SUMMIT ULTRASIL 50L PACK LINER	2.60						2.60
SLEEPING GEAR													
			x		stuff sack	SEA TO SUMMIT ULTRASIL DRY BAG 20L	1.80						1.80
			x		sleeping bag	BOZEMAN MOUNTAIN WORKS COCOON 3 QUILT	18.00						18.00
			x		sleeping pad	3/8" x TORSO SIZED CLOSED CELL FOAM SLEEPING PAD	2.50						2.50
			x		insulating jacket	BOZEMAN MOUNTAIN WORKS COCOON HOODY	9.00						9.00
			x		insulating pants	BOZEMAN MOUNTAIN WORKS COCOON PANTS	7.00						7.00
			x		sleeping socks	DARN TOUGH MERINO WOOL MID SOCK CUSHION	2.00						2.00
SHELTER SYSTEM													
			x		shelter	SOLO PYRAMID SHELTER	6.00						6.00
			x		guylines	BOZEMAN MOUNTAIN WORKS AIRCORE 1 SPECTRA CORD	0.20						0.20
			x		stakes	BOZEMAN MOUNTAIN WORKS LAZR HI-VIS TITANIUM STAKES	0.23	6					1.38
COOKING GEAR													
			x		stow bag	BOZEMAN MOUNTAIN WORKS NANO S STUFF SACK	0.20						0.20
			x		cook pot	BOZEMAN MOUNTAIN WORKS TITANIUM 1200 COOKPOT	2.26						2.26
			x		cook pot lid	BOZEMAN MOUNTAIN WORKS TITANIUM 1200 LID	0.64						0.64
			x		stove	BUSHBUDDY ULTRA WOOD STOVE	4.50						4.50
			x		firestarter	LIGHT MY FIRE FIRESTEEL MINI	0.50						0.50
				x	firestarting tinder	SPARK-LITE TINDER QUIK TABS	0.05	25					1.25
				x	firestarting fuel	FIRELITE 10G SOLID FUEL TABLETS	0.32	4					1.28
			x		eating utensil	BOZEMAN MOUNTAIN WORKS SHORT HANDLED TITANIUM SPOON	0.28						0.28
			x		water bottle	NALGENE WIDE MOUTH CANTENE 32 OZ	2.10						2.10
CLOTHING WORN													
			x		shirt	HOMEMADE MERINO WOOL HOODED PULLOVER WITH SEWN-IN MITTS	8.10						8.10
			x		shorts	GOLITE STRIDE SHORTS	3.50						3.50
			x		pants	PATAGONIA FRENCH ROAST PANTS	9.00						9.00
			x		sun cap	BACKPACKING LIGHT ULTRALIGHT CAP	1.40						1.40
FOOTWEAR													
			x		shoes	MONTRAIL VITESSE TRAIL RUNNING SHOES	25.00						25.00
			x		shoelaces	N/A	0.40						0.40
			x		orthotics	CUSTOM EVA / CORK ORTHOTICS BY JOHN ZOMBRO	1.50						1.50
			x		gaiters	REI SPRING GAITERS, SEWN DIRECTLY TO SHOES	1.20						1.20
			x		socks	DARN TOUGH MERINO WOOL MID SOCK CUSHION	2.00						2.00
STORM CLOTHES													
			x		wind jacket	GOLITE WISP HP FULL ZIP HOODED WIND JACKET	3.50						3.50
			x		rain jacket	PATAGONIA SPECTER PULLOVER	6.50						6.50
			x		rain pants	GOLITE WISP HP PULL ON WIND PANTS	2.50						2.50
BLISTER / WOUND CARE													
			x		storage case	ALOKSAK 6X6 ZIP CLOSURE BAG	0.50						0.50
			x		needles	SEWING NEEDLE	0.01	1					0.01
			x		mini scissors	SWISS ARMY CLASSIC KNIFE SCISSORS ONLY	0.20						
			x		mini lighter	MINI BIC LIGHTER	0.50						0.50
			x		tape	LEUKOTAPE P	0.10	3					0.30
			x		tape adherent	TINCTURE OF BENZOIN AMPULES	0.05	3					0.15
			x		antibiotic ointment	TRIPLE ANTIBIOTIC OINTMENT	0.05	3					0.15
			x		emery board	BACKPACKING LIGHT EMERY BOARD	0.05						0.05
MEDICINES													
			x		storage case	ALOKSAK 6X6 ZIP CLOSURE BAG	0.50						0.50
			x		anti-inflammatory	IBUPROFEN 800MG	0.05	18					0.90
			x		analgesics	ACETOMINOPHEN EXTRA STRENGTH 1000MG	0.05	18					0.90
			x		narcotics	FLEXIRIL 50MG	0.01	3					0.03
			x		anti-diahreal	LOPERAMIDE HCL	0.01	3					0.03
			x		anti-protazoal	TINIDAZOLE	0.05	1					0.05
			x		ophthalmic	TOBRAMYCIN 1.5ML	0.30	1					0.30

REPAIR KIT									
		x	storage case	ALOKSAK 5X4 ZIP CLOSURE BAG	0.50				0.50
		x	heavy needle	LEATHER SEWING NEEDLE	0.02	1			0.02
		x	heavy thread	WAXED POLY HEAVY THREAD	0.05	5			0.25
		x	cloth tape	CLOTH DUCT TAPE	0.10	5			0.50
		x	safety pins	LARGE SAFETY PINS	0.05	2			0.10
TOILETRIES									
		x	storage case	GRANITE GEAR SILCORDURA ZIP BAG FOR SMALL KIT STORAGE	1.00				1.00
		x	toilet paper	DURABLE PAPER TOWELS, 4X4 SQUARES	0.05	18			0.90
		x	toothbrush	JUNIOR SIZED TOOTHBRUSH	0.30				0.30
		x	toothpaste	DR. BRONNERS CASTILLE SOAP 1.5ML	0.30	1			0.30
		x	contacts	CONTACT LENSES IN CASE WITH SALINE	0.50				0.50
		x	lip balm	DERMATONE STICK	0.50	1			0.50
MISCELLANY									
		x	storage case	ALOKSAK 6X9 ZIP CLOSURE BAG FOR TOILETRIES	0.50				0.50
		x	sunglasses	ORANGE LENS WRAP SUNGLASSES WITH ELASTIC RETAINER	0.30				0.30
		x	bear spray	BEAR SPRAY 8 OZ NET	12.00				12.00
IDENTIFICATION									
		x	storage case	MINIZIP BAG, 2" X 3"	0.10				0.10
		x	identification	DRIVER'S LICENSE	0.05				0.05
		x	credit card	VISA CARD	0.05				0.05
		x	calling card	MCI CALLING CARD	0.05				0.05
		x	cash	\$50 BILLS	0.05	4			0.20
JOURNAL / NAVIGATION									
		x	paper	RITE IN THE RAIN MINI-NOTEBOOK #391-M	0.70	4			2.80
		x	pencil	MECHANICAL PENCIL 0.7MM	0.30				0.30
		x	pen	RITE-IN-THE-RAIN BALLPOINT PEN	0.30				0.30
		x	maps	CUSTOM PRINTED WATERPROOF 1:24K MAPS @ 50% SCALE	2.00	4			8.00
		x	compass	BRUNTON BASEPLATE COMPASS 7DNL ON AIRCORE 2 LANYARD	1.00				1.00
		x	altimeter	SUUNTO X6 ALTIMETER WATCH	1.60				1.60
SNOW / TRACTION / CLIMBING									
		x	trekking poles	BOZEMAN MOUNTAIN WORKS STIX PRO TREKKING POLES	6.00				6.00
		x	mud baskets	BOZEMAN MOUNTAIN WORKS STIX PRO MUD BASKETS	0.30	2			0.60
		x	wrist straps	AIRCORE SPECTRA 2.5MM ROPE LEASHES	0.10	2			0.20
FOOD :: MORNINGS									
		x	cereal	CREAM OF WHEAT	3.00	18	100	5400	54.00
		x	nuts	UNSALTED SUNFLOWER SEEDS	1.00	18	170	3060	18.00
		x	fruit	FREEZE DRIED STRAWBERRIES	0.50	18	90	810	9.00
		x	milk	DRY WHOLE MILK POWDER	0.50	18	140	1260	9.00
		x	packaging	VACUUM PACKAGING	0.25	18			4.50
FOOD :: TRAIL									
		x	chocolate	DARK CHOCOLATE BARS	2.00	36	150	10800	72.00
		x	nuts	SALTED DRY ROASTED PISTACHIO NUTS	2.00	36	160	11520	72.00
		x	chips	PRINGLES	2.00	36	160	11520	72.00
		x	candy	CHEWABLE CANDY	2.00	36	100	7200	72.00
		x	packaging	VACUUM PACKAGING	0.25	18			4.50
FOOD :: EVENINGS									
		x	carb base	RAMEN NOODLES	3.00	18	130	7020	54.00
		x	sour cream	DRY SOUR CREAM POWDER	0.50	18	140	1260	9.00
		x	milk	DRY WHOLE MILK POWDER	0.50	18	140	1260	9.00
		x	gravy	BROWN GRAVY DRY POWDER MIX	0.25	18	110	495	4.50
		x	cheese	DRY GRATED PARMESAN CHEESE	0.50	18	120	1080	9.00
		x	packaging	VACUUM PACKAGING	0.25	18			4.50
FOOD :: DRINKS AND OTHER ITEMS									
		x	clarified butter	GHEE CLARIFIED BUTTER	0.75	27	255	5164	20.25
		x	packaging	1L PLATYPUS BOTTLE WITH POP TOP	1.00	1			1.00
		x	nut butter	SALTED ALMOND BUTTER	2.00	27	180	9720	54.00
		x	packaging	2L PLATYPUS BOTTLE WITH POP TOP	1.20	1			1.20
		x	cocoa	WHOLE MILK COCOA MIX WITH MARSHMALLOWS DRY POWDER	1.00	18	110	1980	18.00
		x	packaging	1QT DOUBLE BAGGED FOODZIP BAGS	0.50	3			1.50
		x	coffee	JAVA JUICE SINGLE SERVING PACKETS	0.50	6	15	45	3.00
		x	supplements	VITAMIN / MINERAL SUPPLEMENT	0.05	18	5	5	0.90
		x	packaging	1QT FOODZIP BAGS	0.25	1			0.25