

Clothes worn/items carried	Remarks	
	weight [g]	weight [oz]
Icebreaker Bodyfit SS	215	7.6
Icebreaker Bodyfit LS	342	12.1
Briefs	84	3.0
Short legging	140	4.9
Bridgedale socks	60	2.1
Salomon XA Pro 3D Ultra	861	30.4 size 11,5 (UK), pair
Superfeet	112	4.0
Komperdell titanal compact	400	14.1
Headsweats cap	50	1.8
<b>Subtotal (1) [kg/lbs]</b>	<b>2.264</b>	<b>5.0</b>

Gear		
Bivi-bag-pack	572	20.2 home made
TAR Z-Rest	255	9.0 trimmed
Nunatak Ghost	443	15.6
Stuff bag for Ghost and Puff	31	1.1
Exped bivi poncho	520	18.3
Pegs	79	2.8 set of 6
Guy lines	55	1.9 set of 4
<b>Subtotal (2) [kg/lbs]</b>	<b>1.955</b>	<b>4.3</b>

Extra clothing		
Sealskinz socks	85	3.0 bothy/sleep socks
Bridgedale socks	60	2.1
Briefs	72	2.5
Patagonia Micro Puff	345	12.2
Golite Wisp	85	3.0
Montane Featherlite Pants	114	4.0
Gloves	65	2.3
2 x Buff	75	2.6
<b>Subtotal (3) [kg/lbs]</b>	<b>0.901</b>	<b>2.0</b>

Kitchen		
Titanium pot (MSR)	91	3.2
Lid	32	1.1

Windscreen	20	0.7
Pot stand	20	0.7 trimmed tuna can
Spoon	3	0.1
Platypus 2+ liter	33	1.2
Platy hose	66	2.3
Matches	7	0.2
<b>Subtotal (4) [kg/lbs]</b>	<u>0.272</u>	<u>0.6</u>

#### Miscellaneous items

Victorinox Altimeter	104	3.7
Lip balm	12	0.4
Menthos	38	1.3
Whisky flask	8	0.3
Garmin Vista HCx	156	5.5 not yet bought: weight unconfirmed
Extra batteries	49	1.7
Sony Ericsson camera/phone	103	3.6 K810i
Extra accu	20	0.7
Toiletries	170	6.0 tooth brush/paste, camp soap, sunscreen
Toilet paper	42	1.5
Emergency	103	3.6 bandages, sewing kit, sportstape, tick remover, pain killers
Inhaler	44	1.6
Petzl e-Lite	27	1.0
Foodbag	67	2.4
Bag for misc. items	25	0.9
Documents	70	2.5 Passport, credit card, debit card, insurance card, money, etc
Sunglasses	24	0.8
<b>Subtotal (5) [kg/lbs]</b>	<u>1.062</u>	<u>2.3</u>

#### Consumables Day 1 to 5

18 Esbit fuel tabs	75	2.6
3 muesli breakfasts (515 Cal/portion)	390	13.8 cereal
1 porridge breakfast	75	2.6
9 Snickers (253 Cal/portion)	450	15.9
9 GORP portions (490 Cal/portion)	900	31.7 nuts, chocolate, dried fruits
5 lunches (575 Cal/portion)	875	30.9 biscuits with liver spread
4 dried diners (ca 500 Cal/portion)	500	17.6
0,2 liter whisky	200	7.1

2 Tealights	26	0.9 for use in Bothy
<b>Subtotal (6) [kg/lbs] (3100 Cal/day)</b>	<u>3.491</u>	<u>7.7</u>

**Consumables Day 6 to 10**

15 Esbit fuel tabs	64	2.3
2 muesli breakfasts	260	9.2
1 porridge breakfast	75	2.6
9 Snickers	450	15.9
9 GORP portions	900	31.7
4 lunches	700	24.7
3 dried diners	375	13.2
0,2 liter whisky	200	7.1
4 Tealights	52	1.8
<b>Subtotal (7) [kg/lbs]</b>	<u>3.076</u>	<u>6.8</u>

**Consumables Day 11 to 14**

15 Esbit fuel tabs	64	2.3
1 muesli breakfast	130	4.6
1 porridge breakfast	75	2.6
7 Snickers	350	12.3
7 GORP portions	700	24.7
3 lunches	525	18.5
3 dried diners	375	13.2
0,2 liter whisky	200	7.1
<b>Subtotal (8) [kg/lbs]</b>	<u>2.419</u>	<u>5.3</u>

**Totals Day 1 to 5**

Dry pack weight	4.19	9.2 (2) + (3) + (4) + (5)
Pack weight incl consumables and water	9.681	21.3 (2) + (3) + (4) + (5) + (6)
Skin out weight	11.945	26.3 (1) + (2) + (3) + (4) + (5) + (6)

**Totals Day 6 to 10**

Dry pack weight	4.19	9.2 (2) + (3) + (4) + (5)
Pack weight incl consumables and water	9.266	20.4 (2) + (3) + (4) + (5) + (7)
Skin out weight	11.53	25.4 (1) + (2) + (3) + (4) + (5) + (7)

**Totals Day 11 to 14**

Dry pack weight	4.19	9.2 (2) + (3) + (4) + (5)
Pack weight incl consumables and water	8.609	19.0 (2) + (3) + (4) + (5) + (8)
Skin out weight	10.873	24.0 (1) + (2) + (3) + (4) + (5) + (8)