

# Backpacking List

Pack System		Wt. (oz)	Cooking/Hydration		Wt. (oz)
1	ULA Conduit Pack	23.5	48	SnowPeak Titanium GigaPower Stove	3
2	Lawn/Leaf Bag (Pack Liner)	1.5	49	SnowPeak Titan Mini Solo Titanium Cookset	5.5
3	Z-Packs Cuben Fiber Stuff Sack (M+)	0.3	50	REI Titanium Spork	0.62
4	Z-Packs Cuben Fiber Stuff Sack (L)	0.4	51	1 Liter Platypus Bottle	1
5	Z-Packs Cuben Fiber Bear Bag & Carabiner	1.086	52	1.8 Liter Platypus Bottle/Reservoir	1
6	Hefty OneZip Freezer Bags (4 S, 1 L)	1.36	53	Platypus Drinking Tube	2
7	SiNYlon Rock Sack	0.129	54	KlearWater Water Treatment Solution	3.7
8	SPECTRA Line	1	55	Extra Platypus Caps (2)	0.24
<b>Shelter and Sleep System</b>			<b>Survival/Navigation</b>		
9	Gossamer Gear "The One" Shelter	18	56	Silva Trekker Type 20 Compass	1.5
10	Gossamer Gear PolyCro Groundcloth	1.5	57	Topographic Map	1
11	8 BPL Titanium Stakes	1.72	58	Small Pencil w/Eraser	0.17
12	Jacks R Better "Shenandoah" Quilt (Lng)	17.5	59	Survival SOS Whistle	0.33
13	ThermaRest ProLite 3 Short Sleeping Pad	13	60	Miniature Bic Lighter	0.77
14	BPL Ultralight Inflatable Pillow	0.98	61	Petzl Tikka Plus Headlamp	1.44
<b>Clothing Packed</b>			62	AAA Lithium Batteries--3	0.8
25	Cabela's Space Rain Ultra-Pack Pullover (XLT)	8.89	63	Princeton Tec Mini LED Light	0.44
26	Cabela's Space Rain Ultra-Pack Pants (XLT)	6.62	<b>Items Carried &amp; Clothing Worn</b>		
27	Woolpower 200g/m <sup>2</sup> Wool Balaclava	1.65	64	Cabela's Guidewear Nylon Zip-Off Pants (LT)	8.5
28	Woolpower 200g/m <sup>2</sup> Wool Zip T-neck (XXL)	6.1	65	Cabela's Gore Tex Boonie Hat	3
29	IceBreaker Skin 200 Underwear Bottoms (XL)	5.15	66	Balega Enduro Crew Running Socks	1.5
30	Balega Enduro Crew Running Socks--2 pair	3	67	Patagonia Wool 2 L Sleeve Zip T-Neck (XL)	6
31	REI Oslo Grip Gloves (XL)	2.31	68	IceBreaker BodyFit 150 Boxer Briefs (L)	3
32	Mosquito Headnet	1.5	69	Montrail Hardrock Trail Runners (size 13EE)	33
33	Cotton Bandanna	0.905	70	ASO Lace Up Ankle Brace	3.5
<b>Toiletries</b>			71	REI Desert Gaiters (L/XL)	2.1
34	Small Toothbrush	0.474	72	Hobie Ventura Polarized Sunglasses	2
35	Small Flosser	0.3	73	HighGear Enduro Max Watch	0.7
36	Dr. Bronners Peppermint Soap in Dropper Btl	1.1	74	Black Diamond Contour Trekking Poles	17
37	Small Roll of TP	1.25	<b>Base Weights</b>		
38	Purell Anti-Bacterial Scrub in Small Bottle	1.3		Pack Base Weight (oz)	157.963
39	Repel 100 Mosquito Repellant	1.1		Pack Base Weight (lb)	9.87269
40	Coppertone Sport Sunscreen (trial size)	1.29		Items Carried & Clothing Worn Weight (oz)	80.3
41	Systane Contact Lens Drops in Dropper Btl	1.3	<b>Non Base Weight</b>		
42	Small Cannister of Gold Bond Powder	1.307		Food (16 oz per day)	80
43	Natural Ice SPF 15 Lip Balm	0.312		Fuel (small MSR IsoPro canister)	8
<b>First Aid</b>				Water	35.2
44	Duct Tape	2.8		Total Pack Weight (oz)	281.163
45	Immodium AD Tabs	0.125		Total Pack Weight (lbs)	17.5727
46	Ibuprofen Tabs	0.755		Total Skin Out Weight (oz)	361.463
47	UltraLight First Aid Kit	2.94		Total Skin Out Weight (lbs)	22.5914