

Functional Requirement	Company	Item	unit wt(g)	Summer 10°C
clothing, footwear, boots, mid-height	Inov-8	Rocklite 390, 11M	780	1
clothing, gaiters	generic	Mountain gaiters, goretex, green	101	1
clothing, gloves,shell	REI	wind gloves	40	1
clothing, headwear,shell	TNF	Class V nylon cap	54	1
clothing, pants	TNF	Paramount Convertible Pants, dark grey, M/S	401	1
clothing, pants,shell, full zip	TNF	Hyvent full-zip rain pants, M, 2OH	401	1
clothing, torso,base, synthetic short arm	Montbell	OR, etc polyester T-shirt	162	1
clothing, torso,insulation, 100 fleece, full zip	TNF	TKA Micro 1/4 Zip Fleece Shirt	296	1
clothing, torso,shell	TNF	DIAD, M, blue	241	1
clothing, torso,windshirt	Patagonia	Houdini, M, blue	101	1
clothing, underwear	REI	RTS polyester boxer briefs	84	1
food, beverage set	generic	1 coffee packet, 1 tea packet	10	1
food, breakfast, 1 set	generic	Oatmeal packx2, coffee pack	150	1
food, dinner, 1 set	generic	Dehydrated meal(112g), meat(60g), tea bag	180	1
food, lunch, 1 set	generic	Dehydrated meal(112g), meat(60g), coffee p	180	1
food, snack, 1 set	Cliff	Cliff bar or similar	60	1
hydration, Water	NA	Water, average ml carried	1	750
kit, First Aid, 2人	generic	Individual FAK, see comments for details	70	1
kit, Gear repair	generic	Repair kit, see comments for details	25	1
kit, Hygeine	generic	Hygeine kit:TP,comb,toothbrush and paste, r	50	1
kitchen, Fuel	generic	Fuel	1	90
kitchen, Fuel container, alcohol	generic	PET alcohol fuel bottle, 300ml	30	1
kitchen, Fuel, solid	generic	Esbit tablets and support screen	8	1
kitchen, Stove/pot set	Trail Designs	Fosters 2-cup, alcohol/cone	151	1
kitchen, Trash bag	generic	trash bags, convenience store	2	2
kitchen, Utensils	BPL	long handled titanium spoon or similar	11	1
kitchen, Utensils	Montbell	portable chopsticks	31	1
packing, stuffsack for summer clothing	Sea To Summit	Ultra-Sil Dry Sack, 4 liter	40	1
shelter, Groundsheet/tentsheet	generic	Mylar 'space' blanket	50	1
sleep, hearing protection	generic	Hearing protection	1	4
tools, Camera, 28mm lens	Panasonic	DMC-FX100, battery, SD card, tripod, case	300	1
tools, fire starting	Spark-lite	Set: Spark-lite, lighter, and tinder	20	1
tools, light, flashlight (backup)	Fenix	L0D Cree and hat clip	28	1
tools, light, Headlamp	Petzl	Tikka XP, 3x AAA's	94	1
tools, Map case (with map)	generic	Map and A4 ziplock bag	11	1
tools, navigation, Altimeter/compass	Suunto	Vector	101	1
tools, navigation, Compass	Brunton	9020G	31	1
tools, navigation: GPS/compass/altimeter	Garmin	Geko 301	95	1
tools, repellent, bugs	generic	DEET 100% for skin	50	1
tools, repellent, bugs	generic	Permethrin for clothing	50	1
tools, signal,Cellphone	FOMA	Cellphone	141	1
tools, Survival kit, neck lanyard	ACR	whistle on bead chain necklace	20	1
tools, Tablet, waterproof, a7 size	Riteintherain	notebook sheets & Fisher space-pen refill	8	1
tools, tools bag	Granite Gear	airbag, XXS orange (for all kits)	21	1
tools, Trekking pole	Black Diamond	Black Diamond Trail Trekking poles, each	242	1
Water purification	Katydyn	micropur tabs and coffee filters (in FAK)	10	1
Water storage, flexible	Platypus	Platypus water 'bottle' (bladder), 1000ml	20	1
Water storage, incompressible, 500cc	generic	PET bottle, 'rocket' type, 500ml	35	1
		base weight worn (1)	kg	1.51
		base weight packed (2)	kg	3.58
		consumables (3)	kg	1.43
		<b>total base weight (1+2)</b>	kg	<b>5.08</b>
		<b>total pack weight (2+3)</b>	kg	<b>5.01</b>
		<b>total carried weight (1+2+3)</b>	kg	<b>6.51</b>