

| (oz)  | Item Description   | (oz)  | Consumables - Liquids                           |             |
|-------|--|-------|---|-------------|
| 22.10 | GoLite Pinnacle backpack - 4650 cu. In. (modified)                               | 71.80 | (2) 32oz Gatorades                              |             |
| 33.30 | GoLite Feather 20F sleeping bag  |       |   |             |
| 11.80 | Thermarest Ridgerest sleeping pad  |       |   |             |
| 48.00 | MSR Hubba Tent   |       |   |             |
| 4.50  | Knife and rain poncho  | 4.85  | 7 packets of dry roasted almonds                |             |
| 5.55  | Sunglasses and hard case   | 4.00  | 2 Snickers                                      |             |
| 1.75  | Garbage bag (pack liner)   | 1.90  | M&M's   |             |
| 3.00  | Maps and writing pens  | 8.40  | 2 instant mashed potatoes                       |             |
| 11.90 | Anker Astro E5 15k mAh battery backup charger                                    | 6.25  | 4 Clif Crunch chocolate chip granola bars       |             |
| 2.85  | Petzl Tikka Plus 2 headlamp (70 lumens)  | 5.50  | 4 packs of cheese & crackers                    |             |
| 13.90 | Canon PowerShot S95 camera, case, & batteries                                    | 17.25 | 4 Marie Callender's Easy Sides pasta meals      |             |
| 2.30  | Streamlight ProTac 1AA flashlight (70/5 lumens)                                  | 6.10  | 4 Jack Links turkey & cheese sticks             |             |
| 0.75  | Duct tape  | 6.55  | Hot cocoa mix                                   |             |
| 45.50 | Apple iPad, iPhone, chargers   |       |   |             |
| 6.80  | Leatherman Wingman multi-tool  |       |   |             |
| 0.80  | Bic lighter  |       |   |             |
| 0.45  | Zip lock bags  |       |   |             |
| 0.95  | Anker 2-port turbo car charger 24W / 4.8A  |       |   |             |
| 0.70  | Sharkk 5 in 1 camera connection kit  |       |   |             |
| 5.80  | 8 Energizer AA and 4 AAA Lithium batteries                                       |       |   |             |
|       | <b>Kitchen and Personal Hygiene</b>  |       |   |             |
| 0.30  | Lip balm   |       |   |             |
| 15.40 | Jetboil stove  |       |   |             |
| 4.75  | Mirror   |       |   |             |
| 0.55  | Titanium spoon   |       |   |             |
| 3.05  | Toothbrush and razor   |       |   |             |
| 5.55  | SteriPEN UV light water purifier with 4 lithium batteries                        |       | <b>Consumables - Other</b>                      |             |
| 4.25  | Kit: hand wipes, band-aids, Q-tips, nail clippers, whistle, gauze, alcohol wipes | 4.70  | baby wipes                                      |             |
| 1.55  | Firesteel Light My Fire fire starter   | 1.30  | Deodorant and shaving cream                     |             |
| 0.80  | Cotton balls with vaseline   | 3.30  | Shaving cream                                   |             |
| 1.15  | Pot scrubber   | 2.35  | Toilet paper                                    |             |
| 5.35  | Small towel  | 2.05  | Purell gel hand sanitizer                       |             |
| 0.90  | Aquamira water filter  | 7.15  | Jetboil fuel 3.53 oz net weight (full canister) |             |
| 0.95  | Food bag   |       |   |             |
| 0.60  | Neosporin  |       |   |             |
| 0.65  | Moleskin   |       |   |             |
|       | <b>Extra Clothes</b>   |       | <b>Base Pack Weight</b>                         |             |
|       |  |       | 22.18 pounds                                    |             |
| 7.60  | Extra socks  |       | <b>Consumables - Liquids, Food, &amp; Other</b> |             |
| 5.80  | (2) pair of micro fiber underwear  | 4.49  | 3.80  | 1.30 pounds |
| 22.45 | Extra Clothes  |       | <b>Pack Weight</b>                              |             |
| 19.30 | Mont Bell down jacket  |       | 31.77 pounds                                    |             |
| 7.95  | GoLite umbrella  |       | <b>Skin Out Weight</b>                          |             |
| 5.20  | Gloves   |       | pounds  |             |
| 3.85  | Warm hat   |       |   |             |
| 14.20 | Omni Wool shirt and pants  |       |   |             |

Base pack weight: the weight of the pack itself and all of the items carried in the pack that do not change in weight during the hike.

Consumables: items that will be used up during the hike.

Pack weight: the weight of the fully loaded pack at the beginning of the hike. This weight includes food, water, and all of the other items in the pack, but does not include clothing the hiker is wearing or items in the hiker's pockets.

Skin out weight: the weight of every item the hiker will be wearing or carrying when the hike begins. This is not the most convenient way to measure weight, but it does give the clearest picture of everything that is carried, including any items in the hiker's pockets.