(oz)	Item Description	(oz)	Consumables - Liquids
22.10	GoLite Pinnacle backpack - 4650 cu. In. (modified)	71.95	(2) 32oz Gatorades
21.00	Deuter 500 DreamLite 63 degree sleeping bag	18.35	16.9 fl oz bottle of water
11.80	Thermarest Ridgerest sleeping pad		
49.00	MSR Hubba Tent		**Consumables - Food**
1.85	Knife	17.80	Gatorade mix
21.50	Pillow	3.80	Parmesan cheese
1.50	Duct tape	8.40	Oreo cookies
1.40	Nail clippers	5.95	Mountain House barbecue sauce with beef
3.15	(3) bandanas	4.30	Dry roasted almonds
1.50	LED head lamp and extra CR2032 batteries	5.25	(2) Clif Bars
11.45	Canon PowerShot S95 camera, case, & batteries	8.50	(8) packets of Apple Jacks and Froot Loops
3.40	42 gallon 2 mil garbage bag (pack liner)	5.35	Gummy Bear candy
1.15	Food stuff sack	6.45	(4) Oats and honey granola bars
4.50	Maps and writing pens	3.10	Werther's Original candies
7.35	SPOT - satellite personal tracker	3.15	(2) packs of salted cashews
4.50	(8) Energizer ultimate lithium batteries	13.60	(6) Quaker Oatmeal-To-Go
0.85	(10) pre-moistened cleaning wipes	5.65	Mountain House chili mac with beef
		6.60	Cheez-It crackers
		10.15	(2) Coleman cheesy tomato pasta
		8.00	Marie Callender's creamy parmesan chicken
		14.50	(2) Marie Callender's meatball lasagna
		7.80	Marie Callender's rotini & zesty marinara sauce
	Kitchen and Personal Hygiene	6.15	(4) slices of wheat bread
0.30	Lip balm	4.20	pack of wheat crackers
2.60	First aid kit	6.65	chocolate chip cookies
2.70	(2) 2 liter Platypus water bladders		
0.55	24 Katadyn Micropur MP1 water purifier tablets		
0.45	Toothbrush		
3.65	Bowl		**Consumables - Other**
1.55	(2) Bic lighters	1.45	Toothpaste
0.55	8.5 inch Sea To Summit titanium spoon	1.80	Toilet paper
15.40	JetBoil stove	2.15	Hand sanitizer (2 fl oz)
0.85	Pot scrubber	3.53	Fuel inside JetBoil fuel cannister
3.22	JetBoil fuel cannister		
5.55	SteriPEN UV light water purifier with 4 lithium batteries		
		Base Pack Weight	
	Extra Clothes	13.37	pounds
4.30	Extra socks	**Consumables - Liquids, Food, & Other**	
4.25	(2) pair of micro fiber underwear	5.64	9.71 / 0.56 pounds
		Pack Weight	
		29.28	pounds
		Skin Out Weight	
		31	pounds

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.