

Josh Wakefield's Backpacking Gear List : August 2008

Weight (oz)	Item Description	Kitchen	
24.60	GoLite Pinnacle backpack - 4650 cubic inches	4.00	MSR Pocket Rocket stove
20.60	Deuter DreamLite 500 sleeping bag & stuff sack	3.65	Snow Peak 25oz titanium pot
25.45	Big Agnes 20" x 72" x 2.5" insulated air core pad	8.10	MSR 4 fl oz IsoPro fuel canister
72.75	Eureka Zeus 2 LE Tent & stuff sack	0.35	Spork
11.35	Buck Special 119 knife and sheath	0.80	Bic lighter
0.80	(1) kitchen size garbage bag	0.65	Measuring cup
3.00	Extra AAA rechargeable batteries	1.50	Bowl
6.00	Extra AA rechargeable batteries	0.20	Small box of matches
7.35	SPOT Satellite Personal Tracker with 4 AA batteries		
3.15	(3) bandanas	Consumables	
4.85	LED head lamp with three AAA batteries	36.00	32 oz fruit punch Powerade
6.95	Canon PowerShot A560 camera with 4GB, batteries	41.00	32oz Nalgene bottle with water
3.55	Garbage bag 2.0 mil, 42 gallon (pack liner)	4.00	Organic whole ground flaxseed meal
1.45	MP3 player/voice recorder/FM radio & headphones	1.40	Ground cinnamon
1.05	Maps and writing pen	10.50	Raw, pure honey
2.70	Motorola C168i cell phone with battery	13.00	Wheat Thins baked snack crackers
0.30	Chap stick	18.00	Raw sunflower kernels
12.50	Book - "The Bureau and the Mole"	5.70	Carnation instant nonfat dry milk
1.00	Cash, ID, credit card, insurance card	30.00	(2) Traditional tomato basil pasta sauce
0.95	Car key	2.10	(6) packets vanilla JELL-O singles
1.50	32oz Powerade bottle	6.40	(2) Light tuna in water
1.75	One fluid ounce of 100% DEET	7.70	(2) Smoked wild sockeye salmon
1.15	Food stuff sack	14.50	Barilla PLUS Penne multigrain pasta
	Personal Hygiene	3.75	3oz Kraft Parmesan cheese
3.45	Toilet paper in zip lock bag	1.40	Creamy garlic alfredo sauce mix
5.60	Steri Pen water purifier with batteries	2.30	Orange Gatorade mix
1.05	Straw-type emergency water filter	7.90	Organic old fashioned rolled oats
0.50	Toothbrush	30.00	(3) cans Dole pineapple chunks
1.00	Sunglasses in zip lock bag	19.25	(3) cans Organic white chicken in water
1.00	Toothpaste		
2.35	Lysol hand sanitizer foam	Base Weight	
	Extra Clothes	17.07	pounds
2.25	Micro fiber underwear; 92% Polyester, 8% Spandex	Consumables	
3.35	Two extra pairs of socks	15.93	pounds
5.95	Frogg Toggs rain jacket	Total Weight	
12.60	Clothes stuff sack and extra clothes	33.00	pounds

Base weight = weight of pack and gear carried in the pack, but no consumables.