

(oz)	Item Description	(oz)	Consumables - Liquids	
22.10	GoLite Pinnacle backpack - 4650 cu. In. (modified)	75.00	1 liter of water and 1 liter of Gatorade	
33.45	GoLite Feather 20F down sleeping bag & stuff sack			
17.05	Therm-A-Rest self-inflating mattress 20" x 47"			
49.35	MSR Hubba Tent		Consumables - Food	
1.25	Cash, ID, credit card, insurance cards	16.80	10 packets - maple & brown sugar instant oatmeal	
1.25	Buck BuckLite II folding lockback knife	5.40	Knorr cheddar rice with broccoli & carrots	
1.00	Sunglasses	4.50	Knorr alfredo pasta primavera	
4.75	8 AA Energizer lithium batteries	5.55	Knorr roasted garlic, olive oil, & broccoli rotini	
4.25	(4) bandanas	5.35	Knorr vegetable fried rice	
1.25	LED head lamp with (2) CR2032 lithium battery	5.00	Knorr cheddar cheese pasta with broccoli & carrots	
6.05	Canon PowerShot A480 camera, 4GB, & batteries	2.15	2 oz Doritos cool ranch chips	
3.40	42 gallon 2 mil garbage bag (pack liner)	2.20	2 oz Fritos corn chips	
1.15	Food stuff sack	2.10	2 oz Cheetos	
1.25	Maps and writing pens	2.20	2 oz Lay's potato chips	
7.25	Nokia E71 phone & 3 extra batteries	2.20	2 oz Doritos nacho cheese chips	
1.30	Sansa SanDisk 4GB MP3 player & headphones	5.75	4-packs Austin cheese crackers with peanut butter	
1.20	Mini USB charger	5.75	4-packs Austin toasty crackers with peanut butter	
11.30	Book	2.90	2-pks Austin cheese crackers & cheddar cheese	
0.30	(2) Energizer 2032 lithium batteries	5.95	10 fun-size Snickers	
		7.35	7 oz Reese's pieces peanut butter candy	
		3.75	3 oz Kraft 100% grated Parmesan cheese	
		6.45	(2) 3 oz pouches light tuna in water	
	Kitchen and Personal Hygiene	3.55	3 oz pouch premium chicken breast	
0.30	Lip balm	4.90	(2) Jif To-Go creamy peanut butter	
5.65	Steri Pen UV light water purifier with 4 AA batteries	13.20	8 slices of wheat bread	
1.25	2 liter Platypus water bladder	12.40	Gatorade mix	
0.80	34 Katadyn Micropur MP1 water purifier tablets	6.15	Mayonnaise and grape jelly	
0.45	Toothbrush	7.25	(3) Clif bars	
1.85	32 oz plastic Gatorade bottle		Consumables - Other	
1.55	(2) Bic lighters	1.45	Toothpaste	
0.55	8.5 inch Sea To Summit titanium spoon	5.80	Toilet Paper	
15.20	MSR 1.3 liter stainless steel pot	2.20	Hand sanitizer (2 fl oz)	
0.85	Pot scrubber			
16.20	(2) 4oz MSR IsoPro fuel cannisters			
3.95	MSR Pocket Rocket stove			
			Base Pack Weight	
	Extra Clothes		15.20 pounds	
5.35	Extra socks		Consumables - Liquids, Food, & Other	
4.35	2 Micro fiber underwear, 92% Polyester, 8% Spandex	4.69	8.68	0.59 pounds
16.00	Down jacket		Pack Weight	
			29.15 pounds	
			Skin Out Weight	
			33 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.