| (oz) | Item Description | (oz) | Consumables - Liquids |
|---|---|---|---|
| 22.10 | GoLite Pinnacle backpack - 4650 cu. In. (modified) | 72.45 | 2 liters of water inside Platypus water bladder |
| 33.15 | GoLite Feather 20F down sleeping bag & stuff sack | | |
| 25.55 | Big Agnes 20" x 72" x 2.5" insulated air core pad | | |
| 49.50 | MSR Hubba Tent | | **Consumables - Food** |
| 4.40 | Cocoon 100% silk sleeping bag liner, 9.5F temp drop | 3.85 | 3oz Kraft 100% grated Parmesan cheese |
| 1.25 | Buck BuckLite II folding lockback knife | 10.35 | Pure raw honey |
| 1.00 | Sunglasses in zip lock bag | 5.65 | Raisins |
| 3.40 | 3 AAA and 4 AA Energizer lithium batteries | 15.40 | 15oz Nabisco multi-grain wheat thin crackers |
| 3.30 | (3) bandanas | 3.30 | 3oz pouch - pink salmon |
| 4.85 | LED head lamp with three AAA rechargable batteries | 13.75 | 13.5oz pouch - Ragu pasta sauce |
| 6.95 | Canon PowerShot A560 camera with 4GB, batteries | 4.00 | 1 cup of wheat noodles |
| 3.55 | Garbage bag 2.0 mil, 42 gallon (pack liner) | 9.75 | (3) 3oz pouches - light tuna in water |
| 1.30 | Keys | 5.70 | Knorr Roasted chicken flavor rice & harvest veggies |
| 1.25 | Maps and writing pen | 5.45 | Knorr Roasted garlic, olive oil, & broccoli rotini |
| 7.25 | Nokia E71 phone & 3 extra batteries | 13.00 | 3 Betty Crocker molten caramel cake |
| 1.15 | Food stuff sack | 7.00 | Tyson 7oz fully cooked premium chunk white chicken |
| 1.35 | Vaseline soaked cotton balls (fire starter) | 9.50 | Gatorade mix to make 4 liters |
| 1.25 | Cash, ID, credit card, insurance cards | 9.80 | 1.5 cups - organic steel-cut oats |
| 1.50 | Plastic bowl | 3.65 | (3) handfuls - organic whole ground flaxseed meal |
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| | | | |
| | **Kitchen and Personal Hygiene** | | |
| 0.30 | Lip balm | | |
| 5.65 | Steri Pen UV light water purifer with 4 AA lithium bat. | | |
| 16.80 | Primus Optimus Nova+ multifuel stove & accessories | | |
| 8.15 | Empty 15.2 fl oz Optimus fuel bottle and fuel pump | | |
| 8.45 | MSR Titan titanium 2 liter pot, lid, and pot grabber | | |
| 0.35 | 1/4 cup plastic measuring cup | | **Consumables - Other** |
| 3.70 | 2 empty 32oz plastic Gatorade bottles | 0.65 | Paper towels |
| 1.55 | 2 Bic lighters | 3.50 | Toilet Paper |
| 0.55 | Pot scrubber | 2.20 | Germ-X hand sanitizer (1.5 fl oz) |
| 0.50 | Toothbrush | 10.30 | 15.0 fluid ounces Coleman camp fuel |
| 0.55 | Titanium spoon (8.5 inches long) | 0.90 | Toothpaste |
| 0.45 | 20 Katadyn Micropur MP1 water purifier tablets | | |
| 1.25 | 2 liter Platypus water bladder | | |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | **Base Pack Weight** | | | | |
| | **Extra Clothes** | 18.55 | pounds | | | |
| 19.70 | Montbell Alpine Down Jacket, 800 Fill Goosedown | **Consumables - Liquids, Food, & Other** | | | | |
| 21.50 | Rain gear | 4.53 | 7.51 | 1.10 | pounds | |
| 2.25 | Micro fiber underwear; 92% Polyester, 8% Spandex | **Pack Weight** | | | | |
| 7.60 | 2 extra pair of wool socks | 31.68 | pounds | | | |
| 8.60 | Warm hat and gloves | **Skin Out Weight** | | | | |
| 14.80 | Omni Wool insulated base layer, top & bottom | 35 | 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.