

(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	
20.75	Deuter DreamLite 500 sleeping bag			
16.90	Therm-A-Rest self-inflating mattress 20" x 47"			
49.50	MSR Hubba Tent			
			Consumables - Food	
1.25	Cash, ID, credit card, insurance cards			
1.25	Buck BuckLite II folding lockback knife	5.35	5 oz - reduced fat Cheez-It crackers	
3.30	27" x 20" fast drying towel	8.25	Multi-grain Cheerios	
2.30	4 AA Energizer lithium batteries	4.85	Reese's peanut butter cups	
3.30	(3) bandanas	9.05	Snickers bars	
1.25	LED head lamp with CR2032 lithium battery	9.85	(3) 3 oz pouches - light tuna in water	
6.05	Canon PowerShot A480 camera, 4GB, & batteries	7.50	Instant non-fat dry milk	
3.40	42 gallon 2 mil garbage bag (pack liner)	0.20	Pepper	
1.15	Food stuff sack	13.95	Gatorade powder	
1.25	Maps and writing pens	5.80	Knorr teriyaki noodles with asian vegetables	
7.25	Nokia E71 phone & 3 extra batteries	5.80	Knorr roasted chicken rice with vegetables	
1.50	Duct tape	4.85	Knorr alfredo pasta primavera	
1.20	Mini USB charger	5.15	Knorr vegetable fried rice	
0.30	Sharpie marker	7.25	Instant mashed potatoes	
1.00	Sunglasses	6.35	Peanuts	
4.50	Dog leash	2.65	Sunflower kernels	
3.60	Dog bowl			
9.65	Book			
	Kitchen and Personal Hygiene			
0.30	Lip balm			
5.65	Steri Pen UV light water purifier with 4 AA batteries			
1.25	2 liter Platypus water bladder			
0.80	34 Katadyn Micropur MP1 water purifier tablets			
0.50	Toothbrush			
1.85	32 oz plastic Gatorade bottle		Consumables - Other	
1.55	(2) Bic lighters	1.40	Toothpaste	
0.55	8.5 inch Sea To Summit titanium spoon	6.10	Toilet Paper	
15.45	Jet Boil Personal Cooking System (PCS)	2.20	Hand sanitizer (2 fl oz)	
0.65	Pot scrubber	3.53	Fuel inside Jet Boil fuel cannister	
3.22	Jet Boil fuel cannister	4.50	Bar of soap	
5.05	6 liter MSR dromedary	2.15	Shampoo	
4.05	MSR dromedary shower adapter	55.20	Dog food	
0.80	Cotton ear swabs			
			Base Pack Weight	
	Extra Clothes		13.11 pounds	
3.20	Extra socks		Consumables - Liquids, Food, & Other	
		4.69	6.05	4.69 pounds
2.10	Micro fiber underwear; 92% Polyester, 8% Spandex		Pack Weight	
			28.54 pounds	
			Skin Out Weight	
			30 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.