(oz)	Item Description	(oz)	Consumables - Liquids
22.10	GoLite Pinnacle backpack - 4650 cu. In. (modified)	34.20	32 fl oz of Gatorade
33.15	GoLite Feather 20F down sleeping bag & stuff sack	32.85	32 fl oz of water in Gatorade bottle
25.55	Big Agnes 20" x 72" x 2.5" insulated air core pad	71.75	2 liters of water in Platypus
49.50	MSR Hubba Tent		**Consumables - Food**
4.40	Cocoon 100% silk sleeping bag liner, 9.5F temp drop	4.60	1 Cup sunflower seed kernels
1.25	Buck BuckLite II folding lockback knife	6.15	3 Snickers
1.00	Energizer mini-usb battery charger	8.75	7.5 oz Organic Thompson seedless raisins
4.10	3 AAA and 6 AA Energizer lithium batteries	6.55	Nabisco multi-grain wheat thin crackers
3.15	(3) bandanas	6.95	Nonfat dry milk (makes 2 quarts)
4.85	LED head lamp with three AAA rechargable batteries	6.60	2 Pouches of pink salmon
6.95	Canon PowerShot A560 camera with 4GB, batteries	3.20	1 Pouch of light tuna in water
3.55	Garbage bag 2.0 mil, 42 gallon (pack liner)	4.60	Knorr Alfredo Pasta Primavera
1.45	MP3 player/voice recorder/FM radio & headphones	5.70	Knorr Roasted chicken flavor rice & harvest veggies
1.25	Maps and writing pen	5.55	Knorr Roasted garlic, olive oil, & broccoli rotini
3.50	Motorola C168i cell phone with two batteries	12.50	3 Betty Crocker molten caramel cake
1.15	Food stuff sack	2.65	6 Packets of mayonnaise
1.35	Vaseline soaked cotton balls (fire starter)	9.90	Gatorade mix to make 1 gallon
1.25	Cash, ID, credit card, insurance cards	4.85	3 Kashi golden brown maple instant oatmeal
1.30	Keys	3.70	Organic whole ground flaxseed meal
1.00	Sunglasses in zip lock bag		
4.50	Dog leash		
3.65	Dog bowl		
	Kitchen and Personal Hygiene		
4.00	MSR Pocket Rocket stove		
4.65	Empty MSR 8oz IsoPro fuel canister		
8.45	MSR Titan titanium 2 liter pot, lid, and pot grabber		
0.35	1/4 cup plastic measuring cup		**Consumables - Other**
1.75	Plastic funnel (5" diameter x 6" long)	0.90	Paper towels
1.55	2 Bic lighters	3.40	Toilet Paper
0.55	Pot scrubber	2.20	Germ-X hand sanitizer (1.5 fl oz)
0.50	Toothbrush	8.00	Fuel inside new MSR 8oz fuel canister
0.55	Titanium spoon (8.5 inches long)	1.50	Toothpaste
0.45	20 Katadyn Micropur MP1 water purifier tablets	55.50	Exceed rice & lamb dry dog food
1.25	2 liter Platypus water bladder		
3.70	2 empty 32oz plastic Gatorade bottles	**Base Pack Weight**	
5.65	Steri Pen UV light water purifer with 4 AA lithium bat.	14.30	pounds
0.30	Lip balm	**Consumables - Liquids, Food, & Other**	
	Extra Clothes	8.68	5.77 / 4.47 pounds
2.25	Micro fiber underwear; 92% Polyester, 8% Spandex	**Pack Weight**	
6.10	2 extra pair of socks	33.21	pounds
6.85	Frogg Toggs rain jacket and stuff sack	**Skin Out Weight**	
		37	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.