Weight (oz)	Item Description	Consumables	
22.80	GoLite Pinnacle backpack - 4650 cubic inches	34.40	32 fl oz of fruit punch Gatorade
20.70	Deuter DreamLite 500 sleeping bag & stuff sack	32.85	32 fl oz of water
25.60	Big Agnes 20" x 72" x 2.5" insulated air core pad		
49.70	MSR Hubba Tent	6.10	4 packs cheese & PB crackers
4.60	Western Mountaineering Cloudrest down pillow	6.70	4 bags Snyder's of Hanover pretzels
1.25	Buck BuckLite II folding lockback knife	5.70	Knorr roasted chicken rice vegetables
1.00	Energizer mini-usb battery charger	4.65	Knorr alfredo pasta primavera
7.35	SPOT Satellite Personal Tracker with 2 AA batteries	5.15	Knorr cheddar rice w/ broccoli & carrots
3.15	(3) bandanas	5.25	Knorr roasted garlic & broccoli rotini
4.85	LED head lamp with three AAA rechargable batteries	8.20	70 Ritz crackers
6.95	Canon PowerShot A560 camera with 4GB, batteries	6.55	2 pouches of light tuna in water
3.55	Garbage bag 2.0 mil, 42 gallon (pack liner)	6.60	2 pouches of pink salmon
1.45	MP3 player/voice recorder/FM radio & headphones		
1.25	Maps and writing pen	3.90	3oz Kraft grated Parmesan cheese
3.50	Motorola C168i cell phone with two batteries	3.65	3 fl oz extra virgin cold pressed olive oil
1.15	Food stuff sack	3.60	8 packets of mayonnaise
7.85	Magazine	5.50	16 packets of Emergen-C
1.25	Cash, ID, credit card, insurance cards	10.80	5 Snickers
1.30	Keys	4.80	1.66 cups of non-fat dry milk
3.60	4 extra AAA & AA Energizer lithium batteries	12.90	8 packs Kashi Heart to Heart oatmeal
		3.60	Organic ground flaxseed
	Kitchen and Personal Hygiene		
15.40	JetBoil Personal Cooking System (PCS)		
3.25	Empty JetBoil 3.53oz fuel canister		
1.00	Sunglasses in zip lock bag		
0.55	Sea to Summit titanium long spoon	2.20	Germ-X hand sanitizer (1.5 fl oz)
0.50	Small funnel	0.30	Chap stick
0.80	Bic lighter	3.50	Fuel inside JetBoil fuel canister
0.55	Pot scrubber		
0.50	Toothbrush	3.05	2 fl oz liquid soap
1.50	Plastic bowl	1.50	Toothpaste
0.35	16 Katadyn Micropur MP1 water purifier tablets	2.80	Toilet Paper
1.25	2 liter platypus water bladder	1.30	Paper towels
3.70	2 empty 32oz plastic Gatorade bottles	**Base Pack Weight**	
		14.29	pounds
		Consumables	
	Extra Clothes	11.60	pounds
2.25	Micro fiber underwear; 92% Polyester, 8% Spandex	**Pack Weight**	
4.10	2 extra pair of socks	25.88	pounds
5.95	Frogg Toggs rain jacket	**Skin Out Weight**	
14.10	Nylon pants and stuff sack	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.