(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		
25.55	Big Agnes 20" x 72" x 2.5" insulated air core pad		
49.50	MSR Hubba Tent		**Consumables - Food**
1.25	Cash, ID, credit card, insurance cards	13.35	12 cups MultiGrain Cheerios
1.25	Buck BuckLite II folding lockback knife	7.45	Instant nonfat dry milk (makes 8 cups)
1.00	Sunglasses in zip lock bag	10.25	9 oz organic raisins
3.40	3 AAA and 4 AA Energizer lithium batteries	11.70	Cheeze-It reduced fat baked snack crackers
3.30	(3) bandanas	6.40	(2) 3 oz pouches - premium chicken breast
4.85	LED head lamp with three AAA rechargable batteries	6.60	(2) 3 oz pouches - light tuna in water
6.95	Canon PowerShot A560 camera with 4GB, batteries	25.15	16 slices Nature's Own 100% whole wheat bread
3.40	42 gallon 2 mil garbage bag (pack liner)	8.00	Unsalted dry roasted peanuts
0.65	Nylon cord	4.15	(8) Grape jelly packets
1.25	Maps and writing pen	9.75	(4) Jif "To Go" peanut butter cups
7.25	Nokia E71 phone & 3 extra batteries	9.40	(8) Gatorade powder packs (makes 1 gallon)
1.15	Food stuff sack	5.30	Knorr roasted garlic, olive oil, & broccoli rotini
		5.80	Knorr roasted chicken rice with vegetables
		4.85	Knorr vegetable fried rice
		5.15	Knorr cheddar rice with broccoli & carrots
		3.90	3 oz Kraft Parmesan cheese
	Kitchen and Personal Hygiene		
0.30	Lip balm		
5.65	Steri Pen UV light water purifer with 4 AA lithium bat.		
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**
3.15	Liquid soap	1.40	Toothpaste
0.55	Titanium spoon	6.15	Toilet Paper
8.45	MSR 2 liter titanium pot, lid, and pot holder	2.45	Hand sanitizer (2 fl oz)
0.65	Pot scrubber	8.00	Fuel inside MSR IsoPro fuel cannisters
8.20	(2) MSR Iso Pro fuel cannister		
3.95	MSR Pocket Rocket		
1.55	(2) Bic lighters		

		Base Pack Weight				
	Extra Clothes	15.01	pounds			
6.30	Extra socks	**Consumables - Liquids, Food, & Other**				
19.25	Rain gear	4.69	8.58	1.13	pounds	
2.10	Micro fiber underwear; 92% Polyester, 8% Spandex	**Pack Weight**				
22.00	Extra clothes	29.39	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.