

(oz)	Item Description	(oz)	Consumables - Liquids		
22.10	GoLite Pinnacle backpack - 4650 cu. In. (modified)	67.95	32oz of water and 32 oz of Gatorade		
33.45	GoLite Feather 20F down sleeping bag & stuff sack				
11.80	Therm-A-Rest Ridgerest sleeping pad				
49.35	MSR Hubba Tent		Consumables - Food		
1.25	Cash, ID, credit card, insurance cards	12.75	(5) Clif Bars - Oatmeal Raisin Walnut		
1.25	Buck BuckLite II folding lockback knife	14.70	(6) Clif Bars - Crunchy Peanut Butter		
1.00	Sunglasses	9.50	Assorted Kellogg's cereals		
4.55	8 AA Energizer lithium batteries	5.70	9 packets Swiss Miss hot cocoa mix		
3.10	(3) bandanas	4.45	13 packets of super orange Emergen-C		
2.90	LED head lamp with 3 AAA batteries	5.15	Snickers		
6.05	Canon PowerShot A480 camera, 4GB, & batteries	2.40	Jif To-Go creamy peanut butter		
3.40	42 gallon 2 mil garbage bag (pack liner)	3.15	Light tuna		
1.15	Food stuff sack	3.55	Sweet Sue premium chicken breast		
1.25	Maps and writing pens	5.20	Keebler multi-grain club crackers		
7.25	Nokia E71 phone & 3 extra batteries	5.20	Mountain House freeze dried rice & chicken		
1.30	Sansa SanDisk 4GB MP3 player & headphones	5.35	Backpacker's Pantry potatoes and gravy with beef		
1.20	Mini USB charger	7.85	Backpacker's Pantry spaghetti & sauce		
1.50	4 Energizer lithium AAA batteries	5.05	Backpacker's Pantry beef stew		
1.20	Vaseline soaked cotton balls (fire starter)				
4.40	Cocoon mummy liner - 100% silk				
7.30	SPOT Satellite Personal Tracker				
	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				
0.45	Toothbrush				
1.85	32 oz plastic Gatorade bottle		Consumables - Other		
1.55	(2) Bic lighters	1.45	Toothpaste		
0.55	8.5 inch Sea To Summit titanium spoon	3.75	Toilet Paper		
15.20	MSR 1.3 liter stainless steel pot	2.15	Hand sanitizer (2 fl oz)		
0.85	Pot scrubber				
15.25	Optimus Nova+ stove				
21.50	Optimus fuel bottle with 15.2 fl oz white gas				
6.25	32 oz Nalgene bottle				
			Base Pack Weight		
	Extra Clothes		19.02 pounds		
3.60	Extra wool socks		Consumables - Liquids, Food, & Other		
2.10	Extra micro fiber underwear, 92% Poly., 8% Spandex	4.25	5.63	0.46	pounds
16.00	Mont Bell goose down jacket		Pack Weight		
8.60	Warm hat and gloves		29.35 pounds		
14.45	Omni wool thermal underwear		Skin Out Weight		
21.30	Rain gear		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.