(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		
11.80	56" x 25" Thermarest RidgeRest sleeping pad		
49.50	MSR Hubba Tent		**Consumables - Food**
1.25	Cash, ID, credit card, insurance cards	9.50	(8) packs of Kellogg's cereals
1.25	Buck BuckLite II folding lockback knife	4.00	3.75 oz - reduced fat Cheez-It crackers
1.00	Sunglasses in zip lock bag	6.30	6 oz - Mini Oreo cookies
2.30	4 AA Energizer lithium batteries	6.30	(4) oats & honey granola bars
3.30	(3) bandanas	4.30	4 oz - dried blueberries
1.25	LED head lamp with CR2032 lithium battery	3.35	3 oz pouch - light tuna in water
6.95	Canon PowerShot A560 camera with 4GB, batteries	4.10	3.5 oz - alderwood smoked salmon
3.40	42 gallon 2 mil garbage bag (pack liner)	2.95	3 oz pouch - premium chicken breast
1.15	Food stuff sack	7.15	(6) Gatorade powder packs (makes 3 liters)
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	Plastic bowl	4.75	Knorr alfredo pasta primavera
1.20	Mini USB charger		
0.30	Sharpie marker		
0.65	Measuring cup		
	Kitchen and Personal Hygiene		
0.30	Lip balm		
5.65	Steri Pen UV light water purifer 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**
1.05	Soap	1.40	Toothpaste
0.55	Titanium spoon	6.10	Toilet Paper
15.15	1.3 liter stainless steel pot & lid	2.20	Hand sanitizer (2 fl oz)
0.65	Pot scrubber	8.00	Fuel inside MSR IsoPro fuel cannisters
8.20	(2) MSR Iso Pro fuel cannisters		
3.95	MSR Pocket Rocket		
1.55	(2) Bic lighters		

		Base Pack Weight				
	Extra Clothes	12.94	pounds			
6.10	Extra socks	**Consumables - Liquids, Food, & Other**				
19.25	Rain gear	4.69	4.02	1.11	pounds	
2.10	Micro fiber underwear; 92% Polyester, 8% Spandex	**Pack Weight**				
		22.75	pounds			
		Skin Out Weight				
		?	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.