

Alan	0.8	Pack
	1.3	Shelter
	0.2	Sleeping
4.1	1.8	Clothing (packed)
	0.7	Cooking & Water
	0.5	Essentials & Misc. Stuff
	5.3	Base Packweight
	9.9	Consumables (Food & Fuel)
	1.6	Specialized Equipment
	16.8	Total Packweight without water
	4.0	Equipment Worn or Carried
	20.8	Total from the skin out

1.0	2.2	Water
	19.0	Total Pack with water

Pack		
	Oz	Lbs
1	10.0	0.6 Custom X-pack pack
1	1.3	0.1 Gossamer Gear Pack Liner (medium)
2	0.5	0.1 Spinnaker Stuffs
	0.8	Pounds Total

Shelter		
1	9.0	0.6 GG Spinn Twinn (with EZC guylines)
8	0.3	0.1 Ti stakes
1	10.0	0.6 Oware 2-person bivy
1	0.3	0.0 Bug headnet
	1.3	Pounds Total

Sleeping		
	19.5	0.0 SD Wicked Fast Bag
1	3.5	0.2 GG NightLight Sleep Pad (torso)
	10.0	0.0 BMW TorsoLite pad
	0.2	Pounds Total

Clothing (packed)		
1	7.0	0.4 OR Zealot Rain Jacket
1	4.0	0.3 Reed Rain Pants
	5.0	0.0 BMW Cocoon Vest
1	9.1	0.6 BMW Cocoon Hoodie
	5.0	0.0 Montbell Down T
	9.9	0.0 WM Flight down jacket
	5.5	0.0 WM Flight down vest
1	3.0	0.2 GoLite Windshirt
	1.6	0.0 Cocoon Balaclava
	3.2	0.0 Nunatak Balaclava
1	1.0	0.1 Micro fleece balaclava
1	1.2	0.1 Possum down gloves
1	1.4	0.1 Rain mitts (reg or lobster)
1	1.9	0.1 Wool running socks (spare)
	1.8	Pounds Total

Cooking & Water		
	Oz	Lbs
	2.1	0.1 Caldera stove + cone for BPL 1.1L Pot
	3.1	0.2 1.1 L titanium pot w lid
	0.4	0.0 Mini butane lighter
	1.1	0.1 Alcohol cont 8 fl oz + meas cup
	0.6	0.1 plastic bowl (for both)
	0.6	0.1 BPL long titanium spoon
	0.3	0.1 Katadyn Micropur - 10 tablet sheet
	1.3	0.1 2 L platy
	0.7	Pounds Total

Essentials & Misc. Stuff		
	1.0	0.1 w/p maps
	0.5	0.0 Pen & Paper
	0.9	0.1 Brunton Baseplate compass 7DNL
	1.5	0.1 Small self-packed first aid kit
	0.5	0.0 Small LED flashlights (button)
	1.0	0.1 Petzl E+lite
	2.0	0.0 Spare glasses (clear) glasses case
	0.5	0.0 DEET
	0.6	0.0 CD sm pack towel - or bandana
	1.3	0.1 Whistle - small knife or scissors
	0.5	Pounds Total

Consumables (Food & Fuel)		
	8.0	0.0 Ursack.
	1.0	0.1 Standard silnylon food bag
	1	0.1 No scent liner
	2.5	0.0 Bear rope?
	2.0	Food from Alison
	1.10	0.28 Alcohol fuel/day (31g / day) see sheet
4.3	28.0	7.5 X days food at x oz per day
	9.9	Pounds Total

Specialized Equipment		
	1.0	Fishing (update above left)
	6.3	0.4 Camera Olympus C-50 w Aloksac
	1.5	0.1 Gorilla Pod
	1.2	0.1 Spare Li Ion Camera Batts + remote
	1.6	Pounds Total

Equipment Worn or Carried		
	21.0	1.3 Inov-8 Flite 300 trail runners
	1.9	0.1 Wool running socks
	7.1	0.4 Ibex outback wool l/s shirt
	13.5	0.8 REI Sahara Convert Trail Pants
	3.0	0.2 Adventure hat
	7.0	0.9 Trekking poles
	1.9	0.1 Suunto Vector
	1.0	0.1 Sunglasses
	4.0	Pounds Total

Alison	1.3	Pack		
	0.0	Shelter		
	2.8	Sleeping		
5.9	1.9	Clothing (packed)		
	0.1	Cooking & Water		
	0.5	Essentials & Misc. Stuff		
	6.5	Base Packweight		
	5.1	Consumables (Food & Fuel)	1	
	0.0	Specialized Equipment	1	
	11.6	Total Packweight without water	1	
	4.2	Equipment Worn or Carried	1	
	15.8	Total from the skin out		
1.0	2.2	Water	1	
	13.8	Total Pack with water	1	
			1	
Pack				
	Oz	Lbs		
	32.0	0.0		Granite Gear Vapor Trail
1	17.0	1.1		SMD Essence '07
1	1.3	0.1		Gossamer Gear Pack Liner (medium)
1	0.5	0.0		Spinnaker stuff sack
1	1.2	0.1		silnyon stuff for sleeping bag
	1.3	Pounds Total	4.3	
Shelter				
1	0.3	0.0		BPL Bug headnet
	0.0	Pounds Total		
Sleeping				
1	31.0	1.9		Western Mount Aspen
1	13.0	0.8		Thermarest ProL3 Short Pad
	10.0	0.0		TorsoLite pad
	2.8	Pounds Total		
Clothing (packed)				
1	6.5	0.4		OR Zealot Rain Jacket
1	4.0	0.3		GoLite Reed Rain Pants
1	9.1	0.6		BMW Cocoon Hoodie
1	3.0	0.2		GoLite Either Windshirt
	6.5	0.0		Patagonia 200 wt fleece top
1	1.0	0.1		Light balacalva
1	1.2	0.1		Possum down gloves
1	1.4	0.1		Rain mitts (reg or lobster)
2	2.0	0.3		Running socks spare
	1.9	Pounds Total		

Cooking & Water				
	Oz	Lbs		
	2.7	0.2		Platy hydration Hose
	1.3	0.1		2 L platys
	0.1	Pounds Total		
Essentials & Misc. Stuff				
	0.5	0.0		Stuff sack
	0.6	0.0		CD sm pack towel
	1.6	0.1		Sunscreen & chap stick
	1.0	0.1		Petzl E+lite
	1.0	0.0		Wet Ones wipes
	2.0	0.1		Toilet Paper & purell
	1.8	0.1		Dental stuff
	0.3	0.0		Small whistle - hair ties
	0.5	Pounds Total		
Consumables (Food & Fuel)				
	8.0	0.0		Ursack.
	1.0	0.1		Std Food Bag
	1.00	0.1		No scent liner
		-2.0		Food to Alan (update in this sheet)
	26.0	7.0		X days food @1.5 lb/d (X =n-1 hike d)
	5.1	Pounds Total		
	6.3	0.0		Pentax Option WP +2batts & bag
	0.0	Pounds Total		
Equipment Worn or Carried				
	29.5	1.8		Running shoes
	2.0	0.1		Running socks
	7.0	0.9		REI carbon trekking poles
	6.0	0.4		Smartwool zip LS shirt
	12.0	0.8		Nylon Conver Trail Pants
	3.0	0.2		Sun Hat
	1.0	0.1		Sunglasses
	4.2	Pounds Total		
	19.0	155	12.3%	Alan % bodyweight
	13.8	133	10.4%	Alison % bodyweight
	32.8			Total
	5.3			Alan Base
	6.5			Alison Base
	5.9			Average Base Packweight