

# Pack Weight Summary

5 days, 4 nights - temps to low 20's F

## 5.9 Average Base Pack weight (Alan & Alison)

<b>Alan</b>		<b>Alison</b>	
<b>5.8</b>	<b>Alan Base Pack Weight</b>	<b>6.0</b>	<b>Alison Base Pack Weight</b>
8.8	Consumables (Food & Fuel)	4.5	Consumables (Food & Fuel)
0.5	Specialized Equipment	0.0	Specialized Equipment
<b>15.1</b>	<b>Total Pack weight without water</b>	<b>10.4</b>	<b>Total Pack weight without water</b>
3.4	Equipment Worn or Carried	3.2	Equipment Worn or Carried
<b>18.4</b>	<b>Total from the skin out</b>	<b>13.6</b>	<b>Total from the skin out</b>
2.2	Water, average carried	2.2	Water, average carried
<b>17.3</b>	<b>Total Pack with water</b>	<b>12.6</b>	<b>Total Pack with water</b>

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- 1 This summary page
- 2 Alan's Gear List
- 3 Alison's Gear List
- 4 Climbing Gear (when taken)

## Alan Gear List

Pack		
Qty	Oz	Lbs
1	22.0	1.4
2	1.0	0.1
<b>1.5 Pounds Total</b>		
Shelter		
1	9.2	0.6
8	0.2	0.1
1	10.0	0.6
1	2.0	0.1
<b>1.4 Pounds Total</b>		
Sleeping		
1	3.5	0.2
<b>0.2 Pounds Total</b>		
Clothing (packed)		
1	5.0	0.3
1	8.0	0.5
1	3.5	0.2
1	1.0	0.1
1	1.2	0.1
1	1.9	0.1
<b>1.3 Pounds Total</b>		
Consumables (Food & Fuel)		
	6.0	0.4
		2.0
4.3	24.0	6.5
<b>8.8 Pounds Total</b>		

## Cooking & Water

Qty	Oz	Lbs
2	0.6	0.1
1	7.8	0.5
1	0.3	0.0
2	0.6	0.1
1	0.5	0.0
2	1.1	0.1
<b>0.8 Pounds Total</b>		

## Essentials & Misc. Stuff

1	1.5	0.1
1	1.7	0.1
1	1.8	0.1
1	0.5	0.0
1	0.5	0.0
1	0.6	0.0
1	1.3	0.1
<b>0.5 Pounds Total</b>		

## Equipment Worn or Carried

1	27.0	1.7
1	1.9	0.1
1	6.5	0.4
1	13.1	0.8
1	3.0	0.2
1	1.5	0.1
1	0.7	0.0
<b>3.4 Pounds Total</b>		

## Specialized Equipment

58.3	0.0	
1	1.6	0.1
1	6.0	0.4
<b>0.5 Pounds Total</b>		

## Alison Gear List

<b>Pack</b>			
Qty	Oz	Lbs	
1	17.0	1.1	Six Moon Designs Essence Pack (durable)
1	0.5	0.0	Stuff sacks
1	1.0	0.1	silnyon stuff for sleeping bag
			<b>1.2 Pounds Total</b>

<b>Shelter</b>			
			<b>0.0 Pounds Total</b>

<b>Sleeping</b>			
1	31.0	1.9	Western Mount. Aspen (quilt for 2 people)
1	9.8	0.6	BMW TorsoLite ground pad
			<b>2.6 Pounds Total</b>

<b>Clothing (packed)</b>			
1	10.0	0.6	Western Mountaineering Down Jacket
1	3.2	0.2	GoLite Either hooded windshirt
1	6.7	0.4	Patagonia R2 vest
1	1.8	0.1	BMW Cocoon Hood
1	1.0	0.1	Light balacalva
1	1.2	0.1	Possum down gloves
1	1.8	0.1	Running socks spare
			<b>1.6 Pounds Total</b>

<b>Consumables (Food &amp; Fuel)</b>			
		-2.0	Food to Alan (update in this sheet)
4.3	24.0	6.5	X days food at 1.5 lb/day
			<b>4.5 Pounds Total</b>

<b>Cooking &amp; Water</b>			
Qty	Oz	Lbs	
2	1.1	0.1	2 L platys
1	2.2	0.1	Platypus Drinking Tube
			<b>0.3 Pounds Total</b>

<b>Essentials &amp; Misc. Stuff</b>			
1	0.5	0.0	Stuff sack
1	0.6	0.0	CD sm pack towel
1	1.2	0.1	Sunscreen & chap stick
1	0.5	0.0	Button LED light
1	1.3	0.1	Toilet Paper & purell
1	1.7	0.1	Dental stuff
1	0.3	0.0	Small whistle - hair ties
			<b>0.4 Pounds Total</b>

<b>Equipment Worn or Carried</b>			
1	26.5	1.7	Keen Shellrock shoes (fabric sand-proof)
1	1.8	0.1	Smartwool Running socks
1	5.7	0.4	Smartwool Micro Zip-T
1	1.8	0.1	Sports Bra
1	11.9	0.7	REI Sahara Pants (convertible)
1	3.0	0.2	Sun Hat
1	0.7	0.0	Sunglasses (Coyote photochromic polarized)
			<b>3.2 Pounds Total</b>

<b>Specialized equipment</b>			
			<b>0.0 Pounds Total</b>

**Climbing Gear** (when taken)

Qty	Oz	Lbs	
1	39.0	2.4	Static Rope, Beal 8mm Rando
2	0.7	0.1	10mm Dynex Runner 60cm
4	1.4	0.4	10mm Dynex Runner 110cm
2	3.7	0.5	Camp XLH 95 Harness
1	1.8	0.1	Belay devices ATC
1	3.1	0.2	Belay device ATC-XP

**3.6 Pounds Total**