

**90+ mile Fall trip - AT in Shenandoah National Park - 3 days / 2 nights**  
**Nighttime temps near 32 F with wind. One day/night of rain.**

Weight Summary	
(1)	<b>2.3</b> (1) Total Worn or Carried While Hiking
(2)	<b>2.4</b> (2) Total Base Weight in Pack
(3)	<b>4.0</b> (3) Total Weight of Consumables
	<b>4.8</b> (4) Full Skin-Out Base Weight (1) + (2)
	<b>6.4</b> (5) Total Initial Pack Weight (2) + (3)
	<b>8.8</b> (6) Full Skin-Out Weight (1) + (2) + (3)

**Pack**

Oz	Lbs	
3.8	0.2	Gossamer Gear Whisper Pack
0.5	0.0	Mylar Turkey bag (pack rain protection)
<b>0.3</b>		<b>Pounds Total</b>

**Shelter**

Oz	Lbs	
1.0	0.1	Polycryo Ground Cloth
3.9	0.2	Oware 1.5 cuben Cat Tarp
1.4	0.1	(6) Gossamer Gear Ti stakes & cord
<b>0.4</b>		<b>Pounds Total</b>

**Sleeping**

Oz	Lbs	
15.0	0.9	Jacks R Better Stealth (down quilt)
2.0	0.1	Gossamer Gear Thinlight 3/8" (trimmed)
<b>1.1</b>		<b>Pounds Total</b>

**Clothing (packed)**

Oz	Lbs	
4.7	0.3	Rain Shield O2 Rain Jacket
1.6	0.1	Gossamer Gear Spinn Chaps
1.0	0.1	Fleece balaclava
<b>0.5</b>		<b>Pounds Total</b>

**Cooking & Water**

Oz	Lbs	
2.3	0.1	Trail Designs Caldera+ stove + beer can pot
0.4	0.0	Fuel bottle, 2 fl oz capacity, graduated (empty)
0.1	0.0	matches
0.1	0.0	Plastic spoon
1.2	0.1	2L Platy
<b>0.3</b>		<b>Pounds Total</b>

**Consumables (Food & Fuel)**

Oz	Lbs	
1.9	0.1	Alcohol fuel oz wt (excludes container weight)
62.0	3.9	X days food at x oz per day (includes packaging)
<b>4.0</b>		<b>Pounds Total</b>

**Equipment Worn or Carried**

Oz	Lbs	
21.1	1.3	Shoes (Inov-8 F-Lite 300)
1.2	0.1	Wool running socks (SmartWool Adrenaline)
3.1	0.2	Nylon Shorts, liner removed
5.6	0.4	Smarwool Microweight shirt (long sleeve)
0.1	0.0	Map (custom, double sided)
0.2	0.0	Chorine Dioxide - 8 tablet sheet, pre-notched
0.6	0.0	Soap, Band-Aids, naprosin, antibacterial pkt
0.2	0.0	LED micro light
0.6	0.0	Small watch
4.8	0.3	Gossamer Gear Lightrek™ Poles
<b>2.3</b>		<b>Pounds Total</b>

Weight Savings: no cook, stay in huts		
1.0	0.1	Polycryo Ground Cloth
3.9	0.2	Oware 1.5 cuben Cat Tarp
1.3	0.1	(6) Gossamer Gear Ti stakes & cord
2.3	0.1	Trail Designs Caldera+ stove + beer can pot
0.1	0.0	matches
0.4	0.0	Fuel bottle, 2 fl oz capacity, graduated (empty)
9.0	0.6	<b>Total Weight Savings</b>
	<b>1.9</b>	<b>New base pack weight (pounds)</b>
4.8	0.3	Less Gossamer Gear Lightrek™ Poles
	<b>3.9</b>	<b>New Full Skin-Out Base Weight (pounds)</b>