

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)	2.3	(1) Total Worn or Carried While Hiking
(2)	2.4	(2) Total Base Weight in Pack
(3)	4.0	(3) Total Weight of Consumables
	4.8	(4) Full Skin-Out Base Weight (1) + (2)
	6.4	(5) Total Initial Pack Weight (2) + (3)
	8.8	(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)
0.3		Pounds Total

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
0.4		Pounds Total

Sleeping

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

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
0.5		Pounds Total

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
0.3		Pounds Total

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)
4.0		Pounds Total

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
2.3		Pounds Total

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	Total Weight Savings
	1.9	New base pack weight (pounds)
4.8	0.3	Less Gossamer Gear Lightrek™ Poles
	3.9	New Full Skin-Out Base Weight (pounds)