

Summer	August, 2003	in pack	wear / carry	consume	total
item	description / notes / rationale	5.51	3.89	7.88	17.28
PACK - SHELTER - SLEEPING					
backpack	Custom GVP Gear G5	6.3			
waterproof pack cover	Trash compactor bag (on inside)	2.3			
sleeping pad	3/8" blue foam 30" x 15"	1.7			
waterproof sleeping pad stow sack	None	0.0			
shelter	GVP Gear Spinnshelter prototype	9.5			
shelter support (poles, etc.)	Use trekking poles (see below)	0.0			
shelter stow sack	None	0.0			
stakes	2 Easton anodized aluminum stakes	1.0			
stake bag	None	0.0			
guylines	Included in shelter weight	0.0			
sleeping bag	Sukalac Custom 800-fill down	16.0			
waterproof sleeping bag stuff sack	None - trash compactor bag above	0.0			
ground sheet or bivvy sack	Half of an emergency space blanket	0.8			
CLOTHING					
underwear - bottoms	None - shorts have a liner		0.0		
underwear - bra (women)	N/A		0.0		
base / wicking layer top	Smartwool long sleeve shirt		12.6		
base / wicking layer bottom	Columbia River shorts		8.3		
insulating top	WM Flight down jacket	10.0			
insulating bottoms	None - main meal in afternoon	0.0			
raingear (hard shell) top	Rainshield jacket	5.6			
raingear (hard shell) bottoms	Rainshield pants	4.4			
waterproof glove shells	None - use ziploc bags	0.0			
windgear (soft shell) top	None - use Rainshield	0.0			
windgear (soft shell) bottoms	None - use Rainshield	0.0			
warm gloves	OR Windstop mittens	2.3			
warm hat	OR Windstop beanie	2.2			
sun hat	OR Sahale Sombrero		3.0		
neck protection	Bandanna		0.8		
socks	Coolmax ankle socks		1.2		
spare socks	Fleece socks for sleeping	2.7			
shoes	NB 804 w/ inserts		32.2		
clothing stuff sack	Silnylon	1.3			
COOKING - WATER					
stove	Mini Pepsi-can stove w/ pot holder	0.4			
windscreen	Heavy duty foil	0.2			
fuel bottle	Platy Lil' Nipper bottle	0.7			
matches / lighter	Strike-anywhere matches in baggie	0.2			
cook pot	Snowpeak 600 titanium mug	2.8			
cook pot lid	Foil	0.1			
drinking mug	See cook pot above	0.0			
utensils	Lexan spoon	0.3			
food storage bag	GVP Gear silnylon grocery bag	0.7			
bear bag hang system	60' of spectra flat line w/ throw bag	1.2			
water storage	Platy 2-liter hoser + 2-liter w/cap	4.4			
water treatment	Aqua Mira in 0.35 oz. bottles	1.0			
MISCELLANEOUS ITEMS					
flashlight / headlamp	1 Red Photon, 1 White Photon	0.5			
trekking poles	GVP Gear custom cf trekking poles		3.7		
headnet	Standard issue	0.7			
bug dope	Small bottle	0.5			
sun	Sunscreen and lip protection	1.2			
toothbrush	Finger brush	0.1			
toothpaste	0.25 oz. bottle of Dr. Bronner's soap	0.2			
alcohol hand gel	None - use Dr. Bronner's soap	0.0			
toilet paper	8 squares per day in ziploc	0.4			
feminie hygiene (women)	N/A	0.0			
blisters & minor wound care	+ medications, scissors, mirror, tape	3.5			
whistle	On lanyard around neck		0.4		
firestarting kit	Hurricane matches, fire stick in ziploc	0.8			
repair (bulbs, batteries, etc.)	Needle, thread, ripstop scrap	0.2			
misc small stuff sacks / ziploc's, etc.	Mesh bag, knife, paper, pen	2.0			
CONSUMABLES					
food	1.25 lbs times 4.5 days			90.0	
water	Figure average of 1 liter carried			32.0	
fuel	1 oz per day for 4 days			4.0	