

GLEN'S ULTRALIGHT BACKPACKING GEAR LIST

Trip: Grand Canyon October 2002

Updated 3/15/02

INDIVIDUAL GEAR

Weight

Items in Pack	oz.	lbs.	oz.
<input type="checkbox"/> GVP Gear G4 pack	12		
<input type="checkbox"/> Sukalac custom down sleeping bag (40 deg)	16.0		
<input type="checkbox"/> Silk Liner for sleeping bag			
<input type="checkbox"/> Mt. Washington pad (30" x 15")	2.8		
<input type="checkbox"/> Rain Shield waterproof breathable shell jacket	5.6		
<input type="checkbox"/> Golite Reed waterproof breathable shell pants	5.3		
<input type="checkbox"/> Patagonia Fireball® jacket (fiberfill insulation)			
<input type="checkbox"/> Moonstone pullover jacket (fiberfill)	14.9		
<input type="checkbox"/> Merino wool leggings	6.5		
<input type="checkbox"/> Patagonia Puffball® vest (fiberfill insulation)			
<input type="checkbox"/> Windstop fleece balaclava (OR)	1.8		
<input type="checkbox"/> Patagonia R1 Zip T			
<input checked="" type="checkbox"/> Polartech windstop® mittens	2.2		
<input checked="" type="checkbox"/> Fleece socks (1 pair)	2.7		
<input type="checkbox"/> Light synthetic socks (1 pair)	1.2		
<input checked="" type="checkbox"/> Ripstop nylon sock covers	1.8		
<input checked="" type="checkbox"/> Stuff sack for clothes (1.1 oz. silnylon)	1.3		
<input checked="" type="checkbox"/> Toothbrush (short) and small floss	0.6		
<input type="checkbox"/> Plastic cup			
<input checked="" type="checkbox"/> Plastic spoon	0.3		
<input checked="" type="checkbox"/> Bandanna (bandage, towel, washcloth, prefilter...)	0.9		
<input type="checkbox"/> 1 Trash compactor bag to protect clothes & sleeping bag	2.3		
<input checked="" type="checkbox"/> Paper, small pencil, firestarter, hurricane matches, pack repair	1.0		
<input checked="" type="checkbox"/> Non-aspirin+PM, blister pads, first aid tape, immodium, diphedral, mirror	3.2		
<input type="checkbox"/> Snow baskets for trekking poles			
<input checked="" type="checkbox"/> Headnet	0.7		
<input checked="" type="checkbox"/> Insect repellent	0.6		
<input checked="" type="checkbox"/> Mesh bag for small items (North Face)	0.3		
<input type="checkbox"/> Snowpeak 600 titanium cup with heavy foil lid	2.8		
<input checked="" type="checkbox"/> Mini "Pepsi-can" stove	0.2		
<input checked="" type="checkbox"/> Potholder for mini-stove to hold Snowpeak cup	0.2		
<input checked="" type="checkbox"/> Windscreen	0.3		
<input type="checkbox"/> Ursack minor bear sack	4.0		
<input type="checkbox"/> GVP Gear Spinnaker Shelter	9.6		
<input type="checkbox"/> Anodized aluminum stakes	1.0		
<input type="checkbox"/> Stuff sack for shelter			
<input checked="" type="checkbox"/> Ground cloth (1/2 of thin mylar space blanket)	0.9		
<input checked="" type="checkbox"/> Rope (50 ft. Aerodyne 825 spectra rope in mesh sack)	1.2		
<input checked="" type="checkbox"/> Platypus Hoser 2 liter	2.7		
<input checked="" type="checkbox"/> Platypus 2 liter with cap	1.7		
<input checked="" type="checkbox"/> Food bag (silnylon)	0.7		

BASIC PACK WEIGHT

109.3

6 lbs. 13.3 oz.

Expendables	6 days/5 nights	▼		
Food (including any group meals)	28 oz./day	▼	162.4	
Water	2 quarts	▼	64.0	
Fuel	2 oz./day	▼	10.0	
Vitamins/medication			2.5	
TOTAL EXPENDABLES			238.9	14 lbs. 14.9 oz.
TOTAL PACK WEIGHT (BASIC PACK + EXPENDABLES)			348.2	21 lbs. 12.2 oz.

Items Worn or in Pockets

<input checked="" type="checkbox"/>	Whistle, Pocket Bright on lanyard		1.3	
	Leatherman Micra® knife	▼	2.2	
<input checked="" type="checkbox"/>	Running shoes (Brooks Cheetah)		30.0	
<input checked="" type="checkbox"/>	Coolmax ankle socks		1.2	
<input checked="" type="checkbox"/>	Nylon shorts (Lands End)		7.1	
<input checked="" type="checkbox"/>	Long sleeved nylon shirt (REI)		10.1	
<input checked="" type="checkbox"/>	Seattle Sombrero® hat		4.0	
<input checked="" type="checkbox"/>	Toilet paper (8 squares per day)		0.7	
<input checked="" type="checkbox"/>	Iodine water pills in small plastic container		0.4	
<input checked="" type="checkbox"/>	Dr. Bronner's soap in small plastic bottle		0.8	
<input checked="" type="checkbox"/>	Sunglasses on cord		1.5	
<input checked="" type="checkbox"/>	Suunto Vectra watch (alarm, light, compass)		2.5	
<input checked="" type="checkbox"/>	Money, credit card, driver's license		0.7	
<input type="checkbox"/>	Prescription or reading glasses if needed			
<input checked="" type="checkbox"/>	MiniGaiters - Trail Racer		2.0	
<input checked="" type="checkbox"/>	Matches in small ziploc bag		0.2	
<input checked="" type="checkbox"/>	Bandanna		0.9	
<input checked="" type="checkbox"/>	Sunscreen SPF 45		0.9	
<input checked="" type="checkbox"/>	Blistex lip sunscreen SPF 30		0.2	
<input checked="" type="checkbox"/>	Lotion		0.6	
<input checked="" type="checkbox"/>	Maps and permits		1.8	
	TOTAL WORN OR IN POCKETS		69.1	4 lbs. 5.1 oz.
	TOTAL SKIN OUT WEIGHT (TOTAL PACK + WORN)		417.3	26 lbs. 1.3 oz.