

	A	B	C	D	E	F
1			Paul Gear List			
2			Trip: South Fork 1/13 - 15 2006			
3	SUMMARY LIST					
4	Oz.	Lb.				
5	7.5	0.5	Pack			
6	15.5	1.0	Shelter			
7	37.6	2.4	Sleeping			
8	55.6	3.5	Clothing (packed)			
9	10.2	0.6	Cooking & Water			
10	15.6	1.0	Essentials & Misc Stuff			
11	142	8.9	Base Pack Weight			
12						
13	109	6.8	Consummables (Food & Fuel)			
14	251	15.7	Total Pack weight			
15						
16	67.7	4.2	Equipment Worn or Carried			
17	319	19.9	Total "skin out" weight			
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21	PACK					
22	Oz.	Lb.				
23	7.5	0.5	G5 Hyperlight			
24						
25	7.5	0.5	Subtotal			
26						
27	SHELTER					
28	Oz.	Lb.				
29	15.5	1.0	Gatewood with stakes/GG polypro			
30						
31	15.5	1.0	Subtotal			
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33	SLEEPING					
34	Oz.	Lb.				
35	29	1.8	Montbell 20 degree down bag			
36	3.25	0.2	GG Nightlite pad			
37	3.1	0.2	Rik's Pillow/water bag/shower/clothes system			
38	2.25	2.25	Rik's white pad	Use Hylerlight		
39	37.6	2.4	Subtotal			
40						
41	CLOTHING (PACKED, NOT WORN)					
42	Oz.	Lb.				
43	7.9	0.5	Driducks Rain Jacket			

	A	B	C	D	E	F
44	9.25	0.6	Mountain Smith Fleece			
45	7.5	0.5	Montbell down jacket			
46	6.6	0.4	Black Diamond Fleece (Top)			
47	5.6	0.4	Black Diamond Fleece (Bottom)			
48	3	0.2	REI Socks (sleeping)			
49	2	0.1	Smartwool Hiking socks (extra pair)			
50	3	0.2	Pack Towel			
51	1.8	0.1	Black gloves	Need thinner ones to fit in mittens		
52	8.1	0.5	Down Booties			
53	1.1	0.1	Green Balaclava			
54	55.9	3.5	Subtotal			
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56	COOKING & WATER					
57	Oz.	Lb.				
58	3.9	0.2	Titanium cup			
59	1	0.1	Windscreen w/ 2 pot support skewers	Use Tit tent stakes		
60	0.4	0.0	spork			
61	0.5	0.0	Lighter, pot holder			
62	0.5	0.0	Plastic Bowl			
63	0.4	0.0	Kitchen Stuff sack			
64	3.5	0.2	1 L Platypus Bladder w/ hose	Need plastic bottle for mixing		
65	10.2	0.6	Subtotal			
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67	ESSENTIALS & MISC GEAR					
68	Oz.	Lb.				
69	3.4	0.2	First Aid Kit			
70	2.9	0.2	Generic Headlight	Need Black diamond for nite hiking		
71	4.9	0.3	Personal Hygiene kit (Toothbrush, Toothpaste, hand cleaner)			
72	3.2	0.2	Essentials etc	Need ditty bag for all 3		
73	1.2	0.1	Trash Bag pack cover			
74						
75	15.6	1.0	Subtotal			
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77	CONSUMABLES (FOOD, FUEL, WATER)					
78	Oz.	Lb.				
79	72	4.5	3 days food @ 1.5 lb per day			
80	1.6	0.1	6 Beeswax/egg carton candles			
81	33	2.1	Water			
82	0.9	0.1	Aqua Mira			
83	2.25	0.1	TP			
84	110	6.9	Subtotal			
85						
86	EQUIPMENT WORN OR CARRIED					
87	Oz.	Lb.				
88	10.6	0.7	Campmor Long Pants			
89	5.1	0.3	White Patagonia base layer			
90	2	0.1	Smartwool lowtop hiking Socks (pr)			
91	24.9	1.6	Hiking shoes			
92	2.8	0.2	Sunday Afternoon Sun Hat			
93	0.8	0.1	Coolibar Hiking gloves	Forgot		
94	12.4	0.8	REI Reak UL Hiking Poles			

	A	B	C	D	E	F
95	1.1	0.1	Bandana			
96	0.4	0.0	Sporteyes Sunglasses			
97	7.6	0.5	Camera			
98	67.7	4.2	Subtotal			
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100			Notes: Got sick with GI problem, hiked out one day early			
101			Time in: 7 hours: Time out: 6 1/2 last 3 miles with fading headlamp			
102			Mileage: approx 35			
103			Temperature at South Fork at 5 AM was 15 degrees			
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