

BackpackingLight.com 24 Hour Gear List

Category	Actual Weight (oz)	Target Weight (oz)	Delta Weight (oz)	Actual Item	Suggested Item
#1 Packing	_____	- 9.5	= _____	_____	Small Frameless Pack w/whistle
	_____	- 1.5	= _____	_____	2.5 Lt Flexible Water Bottle
	<input type="text"/>	- 11.0	= <input type="text"/>		
#2 Shelter/Sleeping	_____	- 13.0	= _____	_____	Poncho Tarp, 36' Line, 6x Ti Stakes
	_____	- 7.0	= _____	_____	Breathable Bivy
	_____	- 4.0	= _____	_____	Short 3/8" CCF Sleeping Pad
	_____	- 18.0	= _____	_____	30° Down Sleeping Quilt
	<input type="text"/>	- 42.0	= <input type="text"/>		
#3 Packed Clothing	_____	- 3.0	= _____	_____	Fleece Cap and Gloves
	_____	- 9.0	= _____	_____	Synthetic Insulated Jacket
	_____	- 2.0	= _____	_____	Wool Crew Socks
	_____	- 3.0	= _____	_____	Nylon Wind Shirt
	<input type="text"/>	- 17.0	= <input type="text"/>		
#4 Cooking	_____	- 2.0	= _____	_____	Ti Mug
	_____	- 0.5	= _____	_____	Ti Wing Stove (solid fuel)
	_____	- 0.5	= _____	_____	Ti Spoon
	_____	- 1.5	= _____	_____	Bear Bag (40' Line+ Food Sack)
	<input type="text"/>	- 4.5	= <input type="text"/>		
#5 Essentials (in quart zip lock)	_____	- 0.5	= _____	_____	Mini Butane Lighter
	_____	- 0.5	= _____	_____	Key Chain LED Light
	_____	- 1.0	= _____	_____	Simple Compass & Map
	_____	- 1.0	= _____	_____	Bandana
	_____	- 0.5	= _____	_____	8x Water Purification Tabs
	_____	- 0.5	= _____	_____	Liquid Soap in Mini Bottle
	_____	- 0.5	= _____	_____	Insect Repellent in Mini Bottle
	_____	- 1.0	= _____	_____	First Aid Kit (in pint zip lock)*
	<input type="text"/>	- 5.5	= <input type="text"/>		
#6 Worn/Carried Items	_____	- 6.0	= _____	_____	Wool Long Sleeve Baselayer
	_____	- 3.0	= _____	_____	Synthetic Underwear
	_____	- 12.0	= _____	_____	Convertible Hiking Pants
	_____	- 3.0	= _____	_____	Wide Brim Nylon Hat
	_____	- 2.0	= _____	_____	Wool Crew Socks
	_____	- 26.0	= _____	_____	Trail Runners
	<input type="text"/>	- 52.0	= <input type="text"/>		
Base Pack Weight lbs	<input type="text"/>	- 5.0	= <input type="text"/>		
(#0+1+2+3+4+5)/16					
Total Gear Weight lbs	<input type="text"/>	- 8.3	= <input type="text"/>		
(Base lbs + #6/16)					

#0 Additional Items:

_____ (____ oz.)
 _____ (____ oz.)
 _____ (____ oz.)
 _____ (____ oz.)
 _____ (____ oz.)

Total Additional Weight _____ oz.

*First Aid details:

2 Gauze Pads
 5 ft. Duct Tape
 Razor Blade
 4x Ibuprofen
 1x Antihistamine
 1x Antacid
 Match Book