

	Category/Item	Weight	Notes
	(A) Clothing Worn		
	hat		
	short sleeve baselayer*		
	long sleeve baselayer*		
	underwear*		
	nylon trekking pants		
	socks*		
	shoes		
	gaiters		
	Subtotal		
	(B) Other Items Worn / Carried		
	trekking poles		
	sunglasses		
	bandana		
	compass		
	ultralight pocket knife		
	watch		
	Subtotal		
	(C) Clothing Packed		
	hooded rain jacket**		
	rain pants**		
	insulated jacket		
	bottom baselayer*		
	gloves*		
	rain mitts**		
	warm hat*		
	sleep socks*		
	Subtotal		
	(D) Shelter and Sleep System		
	shelter/tarp and/or bivy		
	guylines		
	tent stakes		
	sleeping bag/quilt		
	sleeping pad		
	Subtotal		
	Packing System		
	backpack		
	pack liner/cover		
	stuff sack for sleeping bag		
	stuff sack for clothes not worn		
	stuff sack for miscellaneous items		
	stuff sack or bear canister for food		
	Subtotal		

	Category/Item	Weight	Notes
	(E) Cooking and Hydration		
	cook stove		
	wind screen		
	cooking pot with lid		
	spoon		
	fuel container		
	mini lighter / matches		
	carabiner for bear bag hanging		
	50 ft cord for bear bag hanging		
	water bottle / hydration bladder		
	water treatment		
	Subtotal		
	(F) Other Essentials		
	flashlight / headlamp		
	camera / phone		
	first aid kit		
	maps		
	mini notebook & pencil		
	sun screen		
	dental floss		
	soap		
	Subtotal		
	(G) Consumables		
	food - 2 lbs total		
	- breakfast		
	- morning snacks		
	- lunch		
	- afternoon snacks		
	- dinner		
	toilet paper		
	fuel		
	fire starter		
	water		
	Subtotal		

Weight Summary

(1) Total Weight Worn or Carried (A-B)	
(2) Total Base Pack Weight (C-F)	
(3) Total Weight of Consumables (G)	
(4) Initial Pack Weight (2)+(3)	
(5) Full Skin Out Weight (1)+(2)+(3)	



* Wool or Polyester (Not cotton!)

** Waterproof/Breathable preferred

Trip Notes: