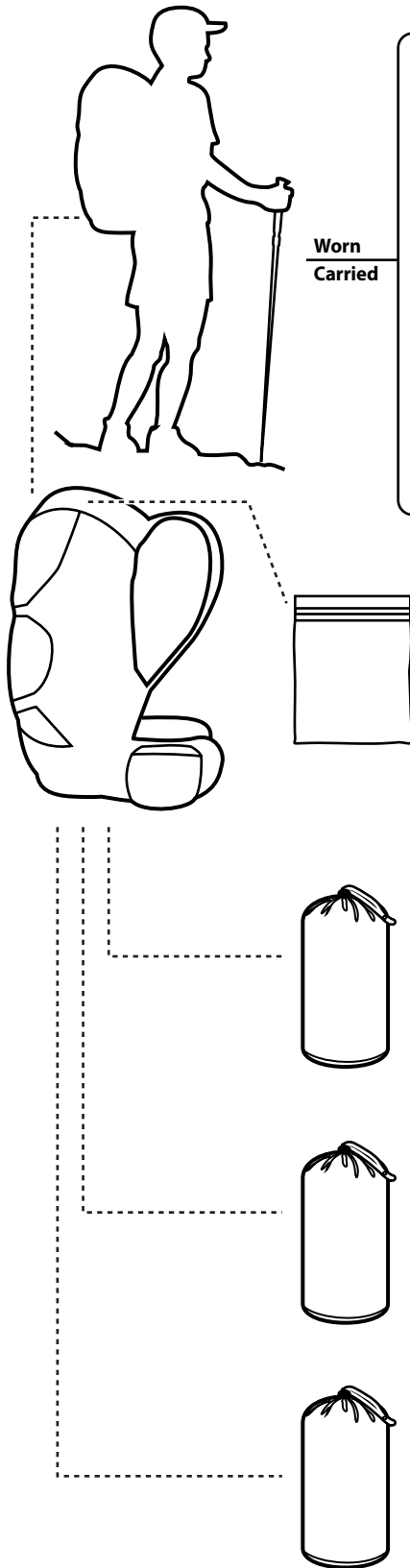


Twenty



Category	Item	Weight (oz)	Notes, rationale
Worn			
	Visor		
	Sunglasses		
	Bandana		
	Emergency whistle		
	Short sleeve shirt		Synthetic, 1/4 zip
	Watch		Altimeter
	Shorts		
	Socks		Wool crew trail runners
	Trail runners		Gaiters sewn to shoe
Carried			
	Trekking poles		One piece, CF, wrapped with tape
	3L water bladder		
	3000 calories of food in zip bag		1000 calories in hip pocket
	Camera in protective pouch		Waterproof, digital
	Map		Laminated
	3/8" foam torso-sized sleeping pad		
	20L, frameless pack		
In the Pack			
Miscellaneous			
	In large plastic zip bag		
	35' cord		Bear line
	LED light		
	Compass		
	Sunscreen stick		
	Alcohol hand gel in small bottle		
	Blister & minor wound care supplies		
	Knife		
	Floss		
	NSAIDs, in plastic bag		
Sleeping / Shelter			
	250ci stuff sack		
	Poncho-tarp		
	35' cord		Cut for tie outs
	4 ti skewer stakes, in sil sac		Use natural tie outs
	Bivi sack with mosquito headnet		Use as pack liner if needed
	Anorak hooded synthetic parka		
	Vest		Worn upside down to cover legs
Kitchen kit			
	250ci stuff sack		
	Alcohol stove		
	15" foil		Windscreen, mug top
	Alcohol, 4oz		
	Alcohol bottle		
	Small lighter		
	Firestarter		
	Ti 600 mug		
	Ti spork		
	Water purification		
Clothing			
	500ci stuff sack		Use as bear bag
	Cycling sleeves		
	Cycling leggings		
	Wind jacket		
	Spare wool liner socks		Sleep, as mits, protect glasses
	Buff		As hat, neck gaitor, balaclava
	Surgical gloves		For when it rains
Total Ounces			
Total Pounds			(oz x 0.0625)