

Take	Trip	Next UL Hke			Wearing	Consumable	Comments
T	Item	Ounces	Load on feet/back	Base Weight	Wearing	Consumable	Comments
T	Pack/Trail						
T	zPacks Zero - 36L	14.60	14.60	14.60			2200/2970 CI 36/48.6L
T	Pack Liner -	1.10	1.10	1.10			LiteTrail
T	Turkey Sack	0.30	0.30	0.30			
T	Hiking Poles - LT4S	8.60	8.60		8.60		
T	Sleeping						
T	Zpack 20"	18.55	18.55	18.55			
T	NeoAir X Lite	8.30	8.30	8.30			
T	Shelter						
T	Zpacks Hexamid Duplex	20.20	20.20	20.20			
T	UL Tent stakes (6)	2.35	2.35	2.35			
T	Gear Sheet	0.50	0.50	0.50			
T	Kitchen						
T	Plastic Jar 12oz	1.20	1.20	1.20			Peanut Butter Jar & Lid
T	Spoon 8"	0.55	0.55	0.55			
T	Water						
T	Water - per liter	33.76	33.76			33.76	1. Liters
T	Platypus - 2L w/hose	3.60	3.60	3.60			
T	Steri Pen	2.95	2.95	2.95			
T	Water Zip Lock - 1 Gallon	0.45	0.45	0.45			
T	Footware						
T	Trail Shoes - Salomon XA Comp 7	29.55	29.55		29.55		
T	Socks - Icebreaker	2.20	4.40	2.20	2.20		2 each
T	Gaiters - Mont Bell	2.45	2.45		2.45		
T	Down socks	2.50	2.50	2.50			
T	Clothing - Base						
T	Pants - Zipoff	11.90	11.90		11.90		Columbia Silver Ridge
T	MontBell Merino High neck	7.15	7.15		7.15		
T	REI Ball Cap	1.70	1.70		1.70		
T	Reflective skirt for hat	0.30	0.30		0.30		
T	Clothing Extra						
T	Down Jacket - MB Alpine 800	13.10	13.10	13.10			
T	Gloves - Gorilla	0.80	0.80		0.80		
T	Gloves fleece	1.90	1.90	1.90			
T	Fleece cap	0.90	0.90	0.90			
T	Windshirt - MB Tachyon	2.40	2.40	2.40			
T	Rain Pants - MB Versalite	3.60	3.60	3.60			
T	Rain Coat - Cloud Air Shell	3.90	3.90	3.90			Sierra Designs
T	Rain mitts - MYOG sil nylon	0.90	0.90	0.90			MYOG
T	Shirt - FS volunteer	7.80	7.80		7.80		
T	Long underwear Silk REI	3.45	3.45	3.45			
T	Bandana	0.85	0.85	0.85			
T	Personal Extra						
T	Toiletries	1.65	1.65	1.65			
T	Vitamins	0.40	1.60			1.60	4 days
T	Wipes	0.03	0.12			0.12	4 days
T	Essentials - 10 Essentials						
T	Essentials Pack - Kits worksheet	9.47	9.47	9.47			
T	Swiss Army Knife	0.75	0.75	0.75			
T	Photon II - 4.5 Lumens	0.30	0.30	0.30			
T	TP	0.65	0.65	0.65			1/2 sheet paper towels
T	Credit card, License, cash	0.30	0.30	0.30			
T	Map - Single 8.5x11	0.25	0.25	0.25			1 each
T	Miscellaneous & Electronics						
T	UL Fanny Pack	3.40	3.40	3.40			Take weight off shoulders
T	iPhone 6+/Camera	7.60	7.60	7.60			iPhone 6S 4.6oz lose 3 oz
T	AloSak for iPhone	0.25	0.25	0.25			
T	Spot GPS Locator 3rd Gen	4.45	4.45	4.45			w/ strap
T	Earphones	0.45	0.45	0.45			
T	SS Dry bag	0.50	0.50	0.50			invaluable
T	Note Paper - sheets & pencil	0.15	0.15	0.15			
T	Orange Trash bag	0.10	0.10	0.10			

Food	1.7#/d	Ozs 40.70	Ozs 40.70	1.25 pounds (0.57 kg) per day (at 125 calo
Breakfast	6.40	6.40	6.40	1 days
Lunch & Snacks	13.55	27.10	27.10	2 days
Dinner	7.20	7.20	7.20	1 days

Pack Weight	Total Weight	Base Weight	Wearing	Consumable	Weight Check
Ozs 176.10	Ozs Carry 248.55	Ozs Carry 140.62	Ozs Carry 72.45	Ozs Carry 35.48	0.00
Lbs 11.01	Lbs 15.53	Lbs 8.79	Lbs 4.53	Lbs 2.22	Scale 9.2

Ozs 25.60 Fanny Pack Weight
 Lbs 9.41 Pack Weight minus Fanny Pack
 Lbs 8.79 Base Weight
 Lbs 1.42 Electronics
 Lbs 7.36 Adjusted Base Weight w/o Electronics
 Lbs 7.19 Base Weight minus Fanny Pack

Food	Target Food/Day
Lbs 2.54	Lbs 2.70
1.27 Lbs/Day	1.35 Lbs/Day
-.08 Lbs/Day	
-1.3 Oz/Day	Under per Day