

category	item	notes	weight in oz
GEAR WORN	shoes	lightweight hikers, synthetic	31.6
	hiking socks	low thinny-thin	0.6
	gaiters	dirty-girl spandex	1.1
	hiking pants	quick dry nylon	11.6
	nylon running shorts	simple, no undies	3.5
	short sleeve shirt	wool	4.3
	long sleeve hoodie	synthetic	7.5
	sun hat	floppy wide brim	3.1
	sunglasses	w/ string retainer	1.2
	TOTAL gear worn (oz)		64.5
	TOTAL gear worn (lbs)		4.0

category	item	notes	weight in oz
CLOTHING CARRIED	insulating down jacket	montbell inner jacket	7.9
	rain coat	drop stopper	7.1
	rain skirt	home-made	2.0
	long undies	synthetic	4.6
	wind shirt	GoLite	3.3
	warm hat	w/headlamp sewn on	1.7
	extra hiking socks	thinny-thin	0.6
	PACKING	backpack	GoLite JAM (trimmed)
pack liner		plastic compactor bag	2.2
stuff sack (A)		for food	0.6
stuff sack (B)		for cook gear	0.3
COOK GEAR	titanium mug	cooking & eating	1.7
	mug lid (home-made)	foil	0.2
	cozy (home-made)	insulating foam	0.2
	spoon	titanium	0.3
	stove (home-made)	cat food can	0.2
	fuel bottle (1-liter volume)	platypus w/squirt lid	0.9
	wind screen (home-made)	aluminum foil	0.2
	pot grabbers	trangia	0.6
	bic lighter	mini (cute)	0.4
	SHELTER	2-person tarp	SpinTwin with string
titanium stakes (11 total)		with tyvec envelope holder	3.2
<i>no poles, I can find sticks</i>		<i>WEIGHT NOT NOTED</i>	<i>0.0</i>
SLEEPING	sleeping quilt	golite down	19.0
	sleeping pad	inflatable torso pad	8.0
	bivy sack	vapr brand	5.9
	balaclava	synthetic	1.8
	sleeping socks	shorty wool blend	1.3
	glove liners	thin synthetic	1.1
	pillow	home-made w/ ziploc bags	1.8
ESSENTIALS	large water bottle	1-liter soda bottle	1.5
	small water bottle	500 ml water bottle	0.6
	bandana (cotton)	trimmed	0.4
	camera	digital with case	6.1
	mosquito head-net	doubles as stuff sack	0.4
	maps (in ziploc)	estimate varies w/route	2.5
	first aid kit	in ziploc sandwich bag	2.6
	repair kit	in ziploc sandwich bag	1.8
	bear hang kit	45 feet of cord	2.2
	<i>bear spray w/ holster (13.2 oz)</i>	<i>WEIGHT NOT NOTED</i>	<i>0.0</i>
	DINKY STUFF	water treatment	Aqua-Mira repackaged
Hydropel (for feet)		repackaged	0.3
toothbrush		cut-handle	0.2
toothpaste dots		in tiny ziploc baggie	0.3
paper book of matches		in tiny ziploc baggie	0.2
soap		Dr. Bronner's repackaged	0.7
hand sanitizer		repackaged	0.7
single edge razor		w/ cardboard holder	0.1
lip stuff		burt's bees (luxury item)	0.3
sun block		repackaged	0.8
small compass		carried with maps	1.1
ziploc FREEZER bag		holds all dinky stuff	0.2
TOTAL base weight (oz)		128.1	
TOTAL base weight (lbs)		8.0	

10-DAY SOLO TRIP

category	items	ounces	pounds
CONSUMABLES	alcohol fuel	16.4	1.0
	FOOD 1.4 PPPPD x 10 days	224	14.0
10-day trip	TOTAL for consumables	240.4	15.0
	(a) BASE WEIGHT	128.1	8.0
	(b) CONSUMABLES	243.6	15.2
	(a) + (b) = (c)		
TOTAL:	(c) PACK WEIGHT	371.7	23.2

1-NIGHT SOLO TRIP

Most of the numbers are the same as above, only the CONSUMABLES change

category	items	ounces	pounds
CONSUMABLES	alcohol fuel	1.6	0.1
	FOOD 1.4 PPPPD x 1 day	22.4	1.4
1-night trip	TOTAL for consumables	24.0	1.5
TOTAL:	PACK WEIGHT	152.1	9.5

NOTE: Data shown without the weight of a full water bottle (35.2 oz per liter)