

Ultralight vs. Light vs. Traditional Backpacking Gear for 2-3 Season Hiking

ULTRALIGHT	LIGHT	TRADITIONAL
SUMMARY LIST	SUMMARY LIST	SUMMARY LIST
Lb.	Lb.	Lb.
1.1 Pack	4.0 Pack	6.6 Pack
1.2 Shelter	4.0 Shelter	5.0 Shelter
1.9 Sleeping	3.0 Sleeping	5.0 Sleeping
2.4 Clothing (packed)	4.1 Clothing (packed)	7.1 Clothing (packed)
1.5 Cooking & Water	2.5 Cooking & Water	4.3 Cooking & Water
1.1 Essentials & Misc. Stuff	2.6 Essentials & Misc. Stuff	4.0 Essentials & Misc. Stuff
9.1 Base Pack Weight	20.1 Base Pack Weight	32.0 Base Pack Weight
9.4 Consumables (Food & Fuel)	13.0 Consumables (Food & Fuel)	16.5 Consumables (Food & Fuel)
18.6 Total Pack Weight	33.2 Total Pack Weight	48.5 Total Pack Weight
3.4 Equipment Worn or Carried	4.9 Equipment Worn or Carried	6.2 Equipment Worn or Carried
21.9 Total "Skin Out" Weight	38.1 Total "Skin Out" Weight	54.7 Total "Skin Out" Weight
PACK	PACK	PACK
Oz. Lb.	Oz. Lb.	Oz. Lb.
14.0 0.9 Ultralight frameless pack	56.0 3.5 Light 4000 ci internal frame pack	96.0 6.0 Typical 5000 ci internal frame pack
3.0 0.2 3 silnylon stuffsacks	7.5 0.5 3 light nylon stuffsacks	9.0 0.6 3 standard nylon stuffsacks
1.1 Pounds Subtotal	4.0 Pounds Subtotal	6.6 Pounds Subtotal
SHELTER	SHELTER	SHELTER
Oz. Lb.	Oz. Lb.	Oz. Lb.
12.0 0.8 6x8 silnylon tarp with cord	54.0 3.4 Lightweight solo tent w. guylines	70.0 4.4 3-season solo tent w. guylines
2.0 0.1 8 titanium stakes for tarp	3.5 0.2 6 aluminum tent stakes	4.0 0.3 Aluminum tent stakes
3.5 0.2 Silnylon groundsheet	6.5 0.4 Tent groundsheet	6.5 0.4 Tent groundsheet
1.7 0.1 Bug headnet (no but protect w. tarp)	N/A	N/A
1.2 Pounds Subtotal	4.0 Pounds Subtotal	5.0 Pounds Subtotal
SLEEPING	SLEEPING	SLEEPING
Oz. Lb.	Oz. Lb.	Oz. Lb.
23.0 1.4 +30 down bag	32.0 2.0 +25 high quality down bag	48.0 3.0 Synthetic 3-season +15 bag
7.0 0.4 Foam pad	16.0 1.0 3/4 length inflatable sleep pad	32.0 2.0 Full length inflatable sleep pad
1.9 Pounds Subtotal	3.0 Pounds Subtotal	5.0 Pounds Subtotal
CLOTHING (PACKED, NOT WORN)	CLOTHING (PACKED, NOT WORN)	CLOTHING (PACKED, NOT WORN)
Oz. Lb.	Oz. Lb.	Oz. Lb.
13.4 0.8 Ultralight WP/B rain jacket	16.0 1.0 Lightweight WP/B rain jacket	24.0 1.5 Standard WP/B rain jacket
N/A	10.0 0.6 Light WP/B rain pants	16.0 1.0 Standard WP/B rain pants
8.2 0.5 Synthetic microloft vest	16.0 1.0 Synthetic microloft jacket	20.0 1.3 Fleece jacket
N/A	N/A	12.0 0.8 Fleece vest
N/A	N/A	12.0 0.8 Lightweight fleece pants
12.0 0.8 Lightweight underwear top & bot	12.0 0.8 Lightweight underwear top & bot	16.0 1.0 Midweight underwear top & bot
1.0 0.1 Synthetic balaclava	3.0 0.2 Fleece balaclava	3.0 0.2 Fleece balaclava
1.3 0.1 Lightweight synthetic gloves	2.0 0.1 Fleece gloves	2.0 0.1 Fleece gloves
2.5 0.2 Trail running socks (spare)	6.0 0.4 2 pr. hiking weight socks (spare)	9.0 0.6 2 pr. trekking socks (spare)
2.4 Pounds Subtotal	4.1 Pounds Subtotal	7.1 Pounds Subtotal
COOKING & WATER	COOKING & WATER	COOKING & WATER
Oz. Lb.	Oz. Lb.	Oz. Lb.
3.5 0.2 Light canister or alcohol stove	4.5 0.3 Canister stove	14.0 0.9 Typical white gas stove w. fuel bottle
1.7 0.1 Wind Screen	2.0 0.1 Wind Screen	2.0 0.1 Wind Screen
0.5 0.0 Small lighter	1.0 0.1 Standard lighter	2.0 0.1 Water/windproof lighter
4.3 0.3 Titanium pot	6.0 0.4 1 Liter cook pot with lid	8.0 0.5 1.5 Liter cook pot with lid
1.9 0.1 Titanium mug	3.6 0.2 Bowl	7.0 0.4 Bowl, insulated cup
0.4 0.0 plastic spoon	0.4 0.0 plastic spoon	1.0 0.1 Eating utensils
3.0 0.2 Bear bag rope 1/8 dia x 35 feet	3.0 0.2 Bear bag rope 1/8 dia x 35 feet	8.0 0.5 Bear bag rope 1/4 dia x 50 feet
7.0 0.4 Gravity water filter system	12.0 0.8 Light pump water filter	16.0 1.0 Standard pump water filter
2.2 0.1 2+ & 1 liter plastic water bladders	7.0 0.4 2 soft one quart water bottles	10.5 0.7 2 hard one quart water bottles
1.5 Pounds Subtotal	2.5 Pounds Subtotal	4.3 Pounds Subtotal
ESSENTIALS & MISC. GEAR	ESSENTIALS & MISC. GEAR	ESSENTIALS & MISC. GEAR
Oz. Lb.	Oz. Lb.	Oz. Lb.
1.0 0.1 Maps & stuff in zip loc	2.0 0.1 Maps & stuff in zip loc	2.0 0.1 Maps & stuff in zip loc
1.0 0.1 Compass, basic	1.0 0.1 Compass, basic	2.0 0.1 Fancy compass
4.0 0.3 Small self-packed first aid kit	6.0 0.4 Small self-packed first aid kit	12.0 0.8 Pre-packed first aid kit
1.5 0.1 Sunscreen & chap stick	2.0 0.1 Sunscreen & chap stick	3.0 0.2 Sunscreen & chap stick
0.5 0.0 Fire starter: b/candle matches	3.0 0.2 Waterproof matches & fire starter	3.0 0.2 Waterproof matches & fire starter
0.5 0.0 Small LED flashlights (button)	6.0 0.4 AA flashlight & AAA flashlight	8.0 0.5 2 AA headlamp w. extra bulb and batters
1.1 0.1 H2O purify tablets	1.1 0.1 H2O purify tablets	2.2 0.1 H2O purify tablets w taste neutralizer
2.0 0.1 Jungle juice & Bio Soap	2.0 0.1 Jungle juice & Bio Soap	4.0 0.3 Jungle juice & Bio Soap
1.0 0.1 Toilet Paper	3.0 0.2 Toilet Paper	3.0 0.2 Toilet Paper
1.5 0.1 Dental stuff	2.0 0.1 Dental stuff	2.0 0.1 Toiletries, dental
1.0 0.1 Duct Tape	2.0 0.1 Duct Tape	3.0 0.2 Duct Tape
0.9 0.1 Bandana	2.0 0.1 Pack towel	3.0 0.2 Large pack towel
0.5 0.0 Small whistle	7.0 0.4 Whistle, mirror, small space blanket	7.0 0.4 Whistle, mirror, small space blanket
0.8 0.1 Small pocket knife	3.0 0.2 Basic pocket knife	5.0 0.3 Fancy pocket knife/multi tool
N/A	1.0 0.1 Sewing Kit	2.0 0.1 Sewing kit
N/A	N/A	3.0 0.2 Extra straps, buckles, repair kits
1.1 Pounds Subtotal	2.6 Pounds Subtotal	4.0 Pounds Subtotal
CONSUMABLES (FOOD AND FUEL)	CONSUMABLES (FOOD AND FUEL)	CONSUMABLES (FOOD AND FUEL)
Oz. Lb.	Oz. Lb.	Oz. Lb.
7 0.4 4 oz fuel canister	12.7 0.8 8 oz fuel canister	8 0.5 8 oz fuel
9.0 6 days food at 1.5 lb/day	12.3 7 days food at 1.75 lb/day	16.0 7 +1 extra days food at 2 lb/day
9.4 Pounds Subtotal	13.0 Pounds Subtotal	16.5 Pounds Subtotal
EQUIPMENT WORN OR CARRIED	EQUIPMENT WORN OR CARRIED	EQUIPMENT WORN OR CARRIED
Oz. Lb.	Oz. Lb.	Oz. Lb.
28.0 1.8 Light trail running shoes	44.0 2.8 Light nylon "day hike" boots	56.0 3.5 Light "backpacking" boots
2.5 0.2 Trail running socks	3.0 0.2 Hiking socks	4.5 0.3 Trekking socks
12.8 0.8 Convertible nylon trail pants	14.0 0.9 Light nylon trail pants	18.0 1.1 Standard nylon trail pants
6.4 0.4 Light nylon sun shirt	10.0 0.6 Standard quick dry nylon shirt	12.0 0.8 Standard nylon trail shirt
2.0 0.1 Sun Hat	4.0 0.3 Sun Hat	4.0 0.3 Sun Hat
1.0 0.1 Light watch	2.0 0.1 Standard watch	2.0 0.1 Standard watch
1.0 0.1 Sunglasses	2.0 0.1 Sunglasses	2.0 0.1 Sunglasses
16.0 1.0 Titanium trekking poles	N/A	N/A
3.4 Pounds Subtotal	4.9 Pounds Subtotal	6.2 Pounds Subtotal