

BACKPACKING GEAR LIST

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INSTRUCTIONS:

1. Use the checkbox (✓) columns for collecting, inspecting, and packing your gear, or for other processes that you use to get ready for a trip.
2. Describe the make/model (or other identifiers) of the specific piece of gear in the "Description" column.
3. Write the actual measured weight of the piece of gear in the "Weight" column, in either ounces or grams.
4. Write notes about the gear in the notes column, e.g., maintenance you need to perform, a reminder to purchase it, etc.
5. If using the electronic version of this gear list, do not enter data into shaded yellow or orange cells – they contain automated formulas.

Step 1 (e.g., Find Gear)
Step 2 (e.g., Inspect Gear)
Step 3 (e.g., Pack Gear)

✓	✓	✓	ITEM	DESCRIPTION (E.G., MAKE/MODEL)	WEIGHT OZ OR GM	NOTES
PACKING SYSTEMS						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BACKPACK	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	PACK LINER	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	_____
TOTAL PACKING SYSTEM WEIGHT (OZ OR GM):					0	

SHELTER & SLEEPING SYSTEMS						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SHELTER	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STAKES	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	GUYLINES	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SHELTER STOW BAG	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	GROUND CLOTH / BIVY SACK	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SLEEPING BAG / QUILT	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SLEEPING PAD	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	_____
TOTAL SHELTER & SLEEPING SYSTEM WEIGHT (OZ OR GM):					0	

ITEMS WORN WHILE TREKKING – CLOTHING AND FOOTWEAR SYSTEMS						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TREKKING SHIRT	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TREKKING PANTS	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	UNDERWEAR	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TREKKING SOCKS	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TREKKING SHOES	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	GAITERS	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	HAT WITH BRIM	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	_____
TOTAL WORN TREKKING CLOTHING / FOOTWEAR SYSTEM WEIGHT (OZ OR GM):					0	

STORM AND COLD WEATHER CLOTHING SYSTEMS						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BASE LAYER TOP	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BASE LAYER BOTTOMS	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WIND SHIRT	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	RAIN JACKET	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	RAIN PANTS	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WARM HAT	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WARM GLOVES	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	RAIN MITTS	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	INSULATING JACKET	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	INSULATING PANTS	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SPARE PAIR TREKKING SOCKS	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DEDICATED SLEEP SOCKS / BOOTIES	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	_____
TOTAL STORM / COLD WEATHER CLOTHING SYSTEM WEIGHT (OZ OR GM):					0	

FIRESTARTING, COOKING AND HYDRATION SYSTEMS						
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FIRESTARTING KIT	_____	_____	_____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STOVE	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FUEL STORAGE CONTAINER	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WIND SCREEN	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	COOK POT	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BOWL / MUG	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	EATING UTENSIL	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	INSULATING COZY	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WATER BOTTLE(S)	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WATER TREATMENT	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	BEAR BAG / FOOD STORAGE	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	_____

TOTAL FIRESTARTING / COOKING / HYDRATION SYSTEM WEIGHT (OZ OR GM):

OTHER ITEMS

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	TREKKING POLES	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	MAP(S)	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NAV TOOLS (COMPASS, GPS, ETC.)	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LIGHT + EXTRA BATTERIES	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FIRST AID SUPPLIES / MEDS	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	PERSONAL HYGIENE	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SUNGLASSES	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SUNSCREEN	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	INSECT HEADNET	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	INSECT REPELLENT	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	JOURNAL / PEN	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	KNIFE	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	CAMERA KIT	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	EMERGENCY COMMUNICATION DEVICE	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	_____

TOTAL OTHER ITEM WEIGHT (OZ OR GM):

CONSUMABLES

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FOOD: BREAKFASTS	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FOOD: SNACKS / LUNCHES	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FOOD: DINNERS	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FOOD: DRINK MIXES, COFFEE, TEA	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FOOD: SPICES & MISCELLANY	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	STOVE FUEL	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	WATER CARRIED (AVERAGE)	_____	_____	_____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	_____

TOTAL OTHER ITEM WEIGHT (OZ OR GM):

WEIGHT SUMMARY

PACKING SYSTEMS	=	<input style="width: 50px; text-align: center;" type="text" value="0"/>	lb
SHELTER & SLEEPING SYSTEMS	+	<input style="width: 50px; text-align: center;" type="text" value="0"/>	lb
STORM & COLD WEATHER CLOTHING SYSTEMS	+	<input style="width: 50px; text-align: center;" type="text" value="0"/>	lb
FIRESTARTING, COOKING, AND HYDRATION SYSTEMS	+	<input style="width: 50px; text-align: center;" type="text" value="0"/>	lb
OTHER ITEMS	+	<input style="width: 50px; text-align: center;" type="text" value="0"/>	lb
BASE (DRY) WEIGHT OF PACKED GEAR	=	<input style="width: 50px; text-align: center;" type="text" value="0"/>	lb
ITEMS WORN WHILE TREKKING (CLOTHING & FOOTWEAR SYSTEMS)	+	<input style="width: 50px; text-align: center;" type="text" value="0"/>	lb
TOTAL (DRY) WEIGHT OF GEAR	=	<input style="width: 50px; text-align: center;" type="text" value="0"/>	lb
CONSUMABLE ITEMS	+	<input style="width: 50px; text-align: center;" type="text" value="0"/>	lb
TOTAL WEIGHT OF ALL GEAR AND SUPPLIES	=	<input style="width: 50px; text-align: center;" type="text" value="0"/>	lb
ITEMS WORN WHILE TREKKING (CLOTHING & FOOTWEAR SYSTEMS)	-	<input style="width: 50px; text-align: center;" type="text" value="0"/>	lb
MAXIMUM PACK WEIGHT AT BEGINNING OF TREK	=	<input style="width: 50px; text-align: center;" type="text" value="0"/>	lb

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ABOUT THIS EXAMPLE GEAR LIST

The following gear list is an actual list that I used for a spring (May) trek in the Rockies of Northwest Montana. Use this as a reference to inspire you to maximize how you use this gear list template.

-- Ryan

Find Gear
Inspect Gear
Packed and Ready

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	ITEM	DESCRIPTION (E.G., MAKE/MODEL)	WEIGHT OZ OR GM	NOTES
PACKING SYSTEMS						
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BACKPACK	Hyperlite Mountain Gear (custom)	26	lightweight, simple internal frame pack, no pockets
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PACK LINER	Backpacking Light Size XXL Pack Liner	3.5	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
TOTAL PACKING SYSTEM WEIGHT (OZ OR GM):					29.5	
SHELTER & SLEEPING SYSTEMS						
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SHELTER	Mountain Laurel Designs Supermid	18	netting skirt sewn on perimeter, trekking pole for structure
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	STAKES	GoLite Aluminum V-Channel Stakes	4.8	qty 12, for double-staking corners in high winds
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	GUYLINES	Backpacking Light Aircore Nano	1	short ones at corners, long ones at sides, no tensioners
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SHELTER STOW BAG	silnylon stow bag	0.7	home made
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	GROUND CLOTH / BIVY SACK	Gossamer Gear Polycro sheet	1.9	2' x 8'
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SLEEPING BAG / QUILT	Backpacking Light UL 240	23	synthetic quilt, 240 gsm insulation
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SLEEPING PAD	Backpacking Light TorsoLite	8.5	primary torso padding/insulation
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SECOND SLEEPING PAD	1/4" x 20" x 54" Evazote pad	3.5	additional insulation for sleeping on snow
TOTAL SHELTER & SLEEPING SYSTEM WEIGHT (OZ OR GM):					61.4	
ITEMS WORN WHILE TREKKING – CLOTHING AND FOOTWEAR SYSTEMS						
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	TREKKING SHIRT	Backpacking Light Beartooth Merino Hoody	8.4	also serves as base layer
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	TREKKING PANTS	Backpacking Light Thorofare Pants	4.5	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	UNDERWEAR	Backpacking Light Beartooth Merino Shorts	3.5	to prevent chafing
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	TREKKING SOCKS	Darn Tough Full Cushion Trekking Socks	2.2	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	TREKKING SHOES	Inov8 RocLite 288 GTX Boots	21.2	waterproof for snow exposure
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	GAITERS	Mountain Laurel Designs Lightsnow	2.4	double shockcord/spectra straps for durability on limestone
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	HAT WITH BRIM	supplex nylon baseball hat	1.7	home made
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SNOWSHOES	Atlas Race	32.3	for oversnow travel at higher elevations
TOTAL WORN TREKKING CLOTHING / FOOTWEAR SYSTEM WEIGHT (OZ OR GM):					76.2	
STORM AND COLD WEATHER CLOTHING SYSTEMS						
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BASE LAYER TOP	included above (trekking shirt)		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BASE LAYER BOTTOMS	Sahale Polypropylene Tights	1.9	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WIND SHIRT	Patagonia Houdini	3.5	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	RAIN JACKET	Haglofs Ozo Pullover	6.9	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	RAIN PANTS	Gore-Tex Paclite Knickers	3.1	home made from old pair of full length pants
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WARM HAT	None – using merino hoody hood		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WARM GLOVES	Arc'Teryx Delta SV Gloves	1.9	polartec windpro
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	RAIN MITTS	none		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	INSULATING JACKET	Backpacking Light Cocoon UL 80	9.5	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	INSULATING PANTS	Backpacking Light Cocoon UL 80	7.4	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SPARE PAIR TREKKING SOCKS	Darn Tough Full Cushion Trekking Socks	2.2	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	DEDICATED SLEEP SOCKS / BOOTIES	none		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
TOTAL STORM / COLD WEATHER CLOTHING SYSTEM WEIGHT (OZ OR GM):					36.4	
FIRESTARTING, COOKING AND HYDRATION SYSTEMS						
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FIRESTARTING KIT	Backpacking Light FireLite Mini Kit	1.9	sparker, tinder-quicks, esbit tab, loksak

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	STOVE	Bushbuddy Ultra	5.1	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FUEL STORAGE CONTAINER	none		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WIND SCREEN	none		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	COOK POT	Boilerwerks Backcountry Boiler	8.1	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BOWL / MUG	Nesting Glad Ziploc Bowls	1.2	includes lid on the big one
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	EATING UTENSIL	Backpacking Light Folding Ti Spoon	0.6	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	INSULATING COZY	Reflectix	0.3	home made, to fit outer bowl & inner mug
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WATER BOTTLE(S)	1L Platypus Bottle, 2L Platypus Bottle	2.1	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WATER TREATMENT	Aqua Mira Kit	1.5	repackaged into smaller dropper bottles
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	BEAR BAG / FOOD STORAGE	Backpacking Light UrsaLite System	3.1	bear bag, rock sack, cord, odor proof storage bag
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
TOTAL FIRESTARTING / COOKING / HYDRATION SYSTEM WEIGHT (OZ OR GM):					23.9	

OTHER ITEMS

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	TREKKING POLES	Gossamer Gear Lightrek 4	3.6	just one, mostly carried on pack or used snowshoeing
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	MAP(S)	NG Topo! Maps	1.9	custom, printed on waterproof paper
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	NAV TOOLS (COMPASS, GPS, ETC.)	Brunton 7DNL Compass	0.8	includes weight of aircore nano neck lanyard
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	LIGHT + EXTRA BATTERIES	Petzl Tikka XP2	3.8	includes weight of extra AAA Li battery set
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FIRST AID SUPPLIES / MEDS	Med Kit	3.5	misc OTC meds + wound care supplies
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	PERSONAL HYGIENE	Personal Hygiene Kit	1.6	toothbrush/paste, BAK hand sanitizer, TP, baggie
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SUNGLASSES	Native Dash SS	0.7	includes custom drilled temples with spectra retainer
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	SUNSCREEN	Banana Boat Faces Plus SPF 50 Stick	1	used for face, lips, backs of hands, esp. on snow
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	INSECT HEADNET	none needed this time of year		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	INSECT REPELLENT	DEET	0.3	packaged in microdrop bottle, for ticks
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	JOURNAL / PEN	Rite in the Rain	0.3	a few sheets of RITR paper + golf pencil
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	KNIFE	Baladeo 22g	0.8	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	CAMERA KIT	Panasonic TS1 + 3x Extra Batteries	8.5	includes SDHC memory card
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	EMERGENCY COMMUNICATION DEVICE	TerraStar Satellite Phone	6.6	includes weight of 4x5 loksak
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
TOTAL OTHER ITEM WEIGHT (OZ OR GM):					33.4	

CONSUMABLES

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FOOD: BREAKFASTS	9 days x 5 oz/day x 135 cal/oz	45	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FOOD: SNACKS / LUNCHES	10 days x 14 oz/day x 130 cal/oz	140	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FOOD: DINNERS	9 days x 6 oz/day x 125 cal/oz	54	
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FOOD: DRINK MIXES, COFFEE, TEA	9 days x 2 oz/day	18	starbucks via coffee, herbal tea, nuun tablets
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FOOD: SPICES & MISCELLANY	misc spices	2	dave's insanity sauce, montreal steak seasoning
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	STOVE FUEL	none		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	WATER CARRIED (AVERAGE)	1 liter	33.8	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
TOTAL OTHER ITEM WEIGHT (OZ OR GM):					292.8	

WEIGHT SUMMARY

PACKING SYSTEMS	1.84	lb
SHELTER & SLEEPING SYSTEMS +	3.84	lb
STORM & COLD WEATHER CLOTHING SYSTEMS +	2.28	lb
FIRESTARTING, COOKING, AND HYDRATION SYSTEMS +	1.49	lb
OTHER ITEMS +	2.09	lb
BASE (DRY) WEIGHT OF PACKED GEAR =	11.54	lb
ITEMS WORN WHILE TREKKING (CLOTHING & FOOTWEAR SYSTEMS) +	4.76	lb
TOTAL (DRY) WEIGHT OF GEAR =	16.3	lb
CONSUMABLE ITEMS +	18.3	lb
TOTAL WEIGHT OF ALL GEAR AND SUPPLIES =	34.6	lb
ITEMS WORN WHILE TREKKING (CLOTHING & FOOTWEAR SYSTEMS) -	4.76	lb
MAXIMUM PACK WEIGHT AT BEGINNING OF TREK =	29.84	lb