

## Summer 3 Day List 2011

Days	3.0	Food (23oz/D)	4.31 lbs
Base Weight	6.04 lbs	Fuel	1.5 oz
Pack Weight	11.79 lbs	Water	20 oz
Worn/Carried	4.62 lbs	Consumables	5.66 lbs
Skin Out	16.31 lbs		
Item Information		Weight (oz)	
Item	Description	Qty	In Pack
<b>Backpack</b>			
Backpack	MLD Burn w/HB Pockets		9.9
<b>Sleeping</b>			
Sleeping Bag	Western Mountaineering Highlite		16.0
Sleeping Pad	Big Agnes Clearview Short		11.0
<b>Shelter</b>			
Tarp/Tent	Gossamer SpinnTwin and Stakes		12.5
Bivy	Tigoat Ptarmigan		6.5
<b>Cooking</b>			
Stove	Caldera Keg-F		6.5
Firestarter	Bic lighter, matches		0.3
Eating Utensil	Firelite Long Spoon		0.4
Bear Bag	BPL System		0.0
Water Purification	Frontier Pro	2.0	
Water Storage	Platypus Bigzip 2l		4.0
<b>Clothing</b>			
Base Shirt	Icebreaker TechT		6.0
Base Pants	Champion Shorts		6.0
Underwear	Smartwool		1.5
Hat	Headswears Visor		1.4
Bandana	Cotton REI		0.4
Insulating Top	REI Long Sleeve Synthetic		
Rainpants	Golite Reed		5.0
Gloves	Smartwool Liners		1.0
Shell	Marmot Mica		7.0
Insulation Top	Montbell Down Inner Parka		7.5
<b>Footwear</b>			
Shoes	Montrail Sabino		24.0
Socks	Smartwool/Icebreaker 1/4 Length	2	2.2
<b>Medical</b>			
Tweezers			0.3
Needles		2	0.0
Anti-Inflammatory	Ibuprofen 220mg	12	0.1
Analgesic	Tylenol 500mg	8	0.1
Muscle Relaxant	Flexeril	2	0.0
Anti-Diahreal	Immodium AD	6	0.0
Antihistamine	Benadryl	4	0.1
Antibiotic	Triple		0.2
Blister Prevention	Hydropel/Sportslick		0.2
Blister Care	Leukotape		0.2
Wound Care	Band-aids/Butterfly	6	0.2
<b>Toiletries</b>			
Toilet Paper	Shop Towels		0.2
Contact Case	With Solution		0.3
Contact Solution	Microdropper		0.2
Extra Contacts			0.2
Glasses	With cardboard tube case		0.5
Toothbrush	Toothbrush		0.3
Sunscreen	Dermatone		0.3
Deet	Microdropper		0.2
Lip Balm	Dermatone	0.2	
Soap	Dr. Bronners Microdropper		0.2
<b>Miscellany</b>			
Compass	Brunton 7DNL		0.9
Tape	Duct Tape		0.2
Camera	Sigma DP1/Extra Battery		8.0
Paper	Paper, Reading Material		0.4
Pencil/Pen			0.2
Watch	Highgear		2.4
Maps			0.3
Knife	Gerber Ultralight LST		0.6
Cell Phone	iPhone		6.0
Extra Flashlight	Photon X-Micro		0.3
Trekking Poles	BPL Stix		8.2
Light	ZebraLight H31, Extra battery		2.4