

# 3 season multi day trek

Total: 8760g

Pack: 6090g

Worn: 2670g

Consumable: 0g

Name	Description	Category	Worn	Cons.	Qty	Weight
aqua mira tablets	part of my survival kit	emergency	Yes	No	1	20g
bic mini lighter	mini gas lighter	cooking/hydration	No	No	1	10g
medical/first aid kit	part of my survival kit	emergency	Yes	No	1	30g
insect repellent	pump spray bottle	extras/misc	No	No	1	40g
montbell windproof pants	wind/water repellent	packed clothing	No	No	1	90g
foot/lip balm, sun screen	skin protection	extras/misc	No	No	1	70g
toilet wipes/sanitizer	just enough, maybe	extras/misc	No	No	1	70g
tooth brush/paste	brush and paste	extras/misc	No	No	1	20g
towel/pegs	micro towel, pegs x2	extras/misc	No	No	1	50g
columbia sports pants	cargo style long pants	worn items	Yes	No	1	240g
fox 40 micro whistle	part of my survival kit	emergency	Yes	No	1	10g
icebreaker boxers	merino, good support	worn items	Yes	No	1	50g
leki carbon hiking poles	walking/shelter support	worn items	Yes	No	1	350g
silva ranger compass	part of my survival kit	extras/misc	No	No	1	20g
sony w350 camera	14.1 mega pixel	worn items	Yes	No	1	180g
timex watch	multi-function digital	worn items	Yes	No	1	30g
trail map/case	where am i going?	extras/misc	No	No	1	70g
trail shoes	grippy vibram sole	worn items	Yes	No	1	620g
*wai/water	nectar of the gods	food/water	No	Yes	1	0g
*kai/food	fuel for the body	food/water	No	Yes	1	0g
injinji toe socks	fit like a glove	worn items	Yes	No	1	50g
icebreaker leggings	merino wool leggings	packed clothing	No	No	1	170g
silnylon dry bag	roll top closure	packing	No	No	1	50g
spectra cord 10m	part of my survival kit	emergency	Yes	No	1	30g
tenacious repair tape	part of my survival kit	emergency	Yes	No	1	30g
rusty bucket hat	sun protection	worn items	Yes	No	1	40g
zpacks ground sheet	uben fibre floor	shelter	No	No	1	80g
princeton tec headlamp	remix, 3x aaa	extras/misc	No	No	1	90g
princeton tec pulsar torch	part of my survival kit	emergency	Yes	No	1	10g
evazote foam mat	extra plush 3mm	sleeping	No	No	1	80g
medical/first aid kit	just the essentials?	extras/misc	No	No	1	50g

Name	Description	Category	Worn	Cons.	Qty	Weight
insect proof head net	anti bug coating	extras/misc	No	No	1	10g
smith optics shades	trace w/ ziko retainers	worn items	Yes	No	1	40g
montane air jacket	e.vent fabric protection	packed clothing	No	No	1	340g
rab vapour vest	semi soft shell	worn items	Yes	No	1	200g
buff merino headwear	all purpose head sock	packed clothing	No	No	1	50g
victorinox classic knife	part of my survival kit	emergency	Yes	No	1	20g
omm rotor smock	synthetic insulation	packed clothing	No	No	1	280g
silky saw 170	medium teeth	tools	No	No	1	200g
percell packers grill	roasting n toasting	cooking/hydration	No	No	1	100g
rab meco hoodie	hooded base layer	packed clothing	No	No	1	270g
fire lighting stuff	got to keep it dry	cooking/hydration	No	No	1	20g
evernew fry pan	ti non stick 160mm	cooking/hydration	No	No	1	130g
primus 4 season gas	cooking with gas	cooking/hydration	No	No	1	200g
primus micron stove	ti folding supports	cooking/hydration	No	No	1	70g
rab meco 120 top	long sleeve base layer	worn items	Yes	No	1	180g
kupilka 21 cup	semi wood/plastic	cooking/hydration	No	No	1	80g
titanium spoon	spoon not spork	cooking/hydration	No	No	1	10g
bic mini lighter	part of my survival kit	emergency	Yes	No	1	10g
rescue me plb	part of my survival kit	emergency	Yes	No	1	120g
vara socks	wool/synthetic mix	packed clothing	No	No	1	80g
evernew pot	ti pot 600ml	cooking/hydration	No	No	1	90g
exotac firerod	a pyros dream	tools	Yes	No	1	30g
note pad/pencil	note pad/pencil	extras/misc	No	No	1	30g
live fire fire starter	part of my survival kit	emergency	Yes	No	1	20g
bhk essiac knife	high carbon steel	tools	Yes	No	1	280g
lightload towel	super absorbent	cooking/hydration	No	No	1	10g
svord peasant knife	folding steel blade	cooking/hydration	No	No	1	60g
backcountry boiler	the water boiler	cooking/hydration	No	No	1	200g
phd liner bag	down filled liner	sleeping	No	No	1	220g
platypus bottle 1.8L	incl hydration tube	cooking/hydration	No	No	1	100g
mld spirit 38 quilt	apex synthetic fill	sleeping	No	No	1	600g
mld exodus pack	super, extra pouch	packing	No	No	1	650g

Name	Description	Category	Worn	Cons.	Qty	Weight
montbell down vest	superlight torso warmth	packed clothing	No	No	1	140g
klymit pillow x	enhanced sleepy time	sleeping	No	No	1	50g
bamboo spoon	kitchen essentials	cooking/hydration	No	No	1	10g
katabatic gear bivy	water/wind/bug protection	shelter	No	No	1	200g
sawyer mini filter	water filter	cooking/hydration	No	No	1	40g
mld littlestar tarp	home away from home	shelter	No	No	1	500g
littlestar stake set	8in x6, 6in x4, ti nail x1	shelter	No	No	1	100g
ridgerest ccf pad	3/4 length insulation	sleeping	No	No	1	250g
space emergency bag	part of my survival kit	emergency	Yes	No	1	80g
possum down gloves	light/warm, full finger	packed clothing	No	No	1	40g