

Category	Item	Weight (grams)	Weight (oz)	Weight (lbs)
Backpack	Macpac Amp Race 40L (waistbelt removed)	1050	37.04	2.33
Shelter	Denali Zephyr One			
Inner and Fly	Denali Zephyr 1 Fly in S2S comp sac	658	23.21	1.46
	Denali Zephyr 1 Inner in S2S comp sac	710	25.04	1.58
Poles	Denali Zephyr 1, 2 poles in bag	288	10.16	0.64
Pegs and Guylines	15 Pegs and guylines	100	3.53	0.22
Sleeping				
Sleeping Bag	Denali POD 200 +7 Down Sleeping Bag	840	29.63	1.87
Sleeping Mat	Thermarest Prolite 3 Regular	570	20.11	1.27
Liner	Sea 2 Summit Silk Lite Regular Liner	127	4.48	0.28
Pillow inc Case	Pillow (Cushion Insert)	197	6.95	0.44
Cooking				
Stove	Doite Titanium Gas Stove	95	3.35	0.21
	Homemade Aluminium Foil Windshield	36	1.27	0.08
Pot	Snow Peak Trek 900 titanium	163	5.75	0.36
Cutlery				
	Sea 2 Summit Polycarbonate Fork	11	0.39	0.02
	Sea 2 Summit Polycarbonate Knife	11	0.39	0.02
Cleaning	Scourer	3	0.11	0.01
	Black Bandana	29	1.02	0.06
Water containers	1L Fiji PET bottle	49	1.73	0.11
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Water Treatment	Aquatabs (Chlorine tabs)	1	0.04	0.00
Lighting	Black Diamond Ion (with battery)	30	1.06	0.07
Navigation	Compass	60	2.12	0.13
	Map, Pencil, Paper	40	1.41	0.09
General				
	Toothbrush	50	1.76	0.11
	Toothpaste (including container)	20	0.71	0.04
	Glad Garden Bag (pack liner)	81	2.86	0.18
	Sunscreen (including container)	25		
	Paraderm Plus (including container)			
	(antiseptic/anti-inflammatory/local anaesthetic cream)	25	0.88	0.06
	Alcohol Gel (including container)	25	0.88	0.06
	Ziploc Bag	3	0.11	0.01
First Aid Kit/ Emergency Kit				
	Cut to size bandaids each	2	0.07	0.00
	1 medium weight crepe bandage	27	0.95	0.06
	1 Strip of Ibuprofen (nurofen)	7	0.25	0.02
	Bic Lighter	12	0.42	0.03
	2 x Certirizine (Antihistamine)	1	0.04	0.00
	Needles & Thread (1 large needle and thread)	1	0.04	0.00
	Space Blanket	48	1.69	0.11
	Nylon Tape	36	1.27	0.08
	Swiss Army Knife	21	0.74	0.05
	Packed in Ziploc bag	3	0.11	0.01

Packed Clothing

Rain/Outer Layer	Cheap nylon Rainjacket	245	8.64	0.54
	Buff	36	1.27	0.08
	Polypropylene Thermal Top	158	5.57	0.35
	Polypropylene Thermal Bottom	107	3.77	0.24
	Mountain Designs Bonfire Jacket (synthetic fill)	517	18.24	1.15
	Manzella 'Dry Hands' Gloves Small	38	1.34	0.08
	Macpac Ear-Hed Beanie	46	1.62	0.10
	Stuffsac	17	0.60	0.04
Total Fixed Weight	6668	235.20	14.82	
Perishables	Food (850g/day) approximately	1600	56.44	3.56
	Water 2L	2000	70.55	4.44
Worn Clothing	Capetech Broad brimmed Hat	96	3.39	0.21
	Mont Lifestyle shirt	201	7.09	0.45
	Mont Lifestyle pants	340	11.99	0.76
	Exofficio Briefs	50	1.76	0.11
	Colorado Hiking Shoes	846	29.84	1.88
	Holeproof Explorer Socks	105	3.70	0.23
Total Pack Weight	10268	362.19	22.82	
Total Skin Out Weight	11906	419.96	26.46	