

Item	Item/Brand	Lb.Oz.
Back Pack	Kelty 4500/ Modified with Graphite stays, used golf club shafts	2.13 oz 2.13 Total
Shelter	Kelty, Flight 2, vestibule and rain cover removed. Poncho used as rain cover & vestibule	3.02 oz 3.02 Total
Sleeping	Mont Bell UL #5 40 degree down Sleeping pad/ Thermarest UL Short. Pillow Luxury light	1.02 oz .13 oz .02 oz 2.01 Total
Clothing (packed)	Poncho home made/ tent cover & vestibule, sil-nylon Rain skirt, home made, sil-nylon Mont bell UL Jacket Liner Underwear long top and bottom under armor/ Gift Underwear 1 extra Lightweight gloves / winter golfing gloves Socks 1 pair extra/ Bass Pro Hiking heavy duty	.07 oz .04 oz .07 oz .08 oz .02 oz .02 oz .04 oz 2.02 oz Total
Cooking & Water	Canister stove/ Pocket Rocket Wind screen/ home made foil Cook pot 1 liter titanium foil lid/ REI Coffee press/ Starbucks Cup titanium/ REI Sweet water / Katadyn Spork plastic light weight/ Sun & Ski Collapsible Tupperware bowl/plate 2, 1 liter water bottles (used Coke bottles) 2 liter bladder 200 lb. Fly fishing line 100 ft/ Bass Pro Lighter small	.04 oz .02 oz .04 oz .07 oz .03 oz .11 oz .01 oz .03 oz .02 oz .02 oz .01 oz .01 oz 2.00 Total
Essentials & misc.	Maps (water resistant proof paper) Compass & thermometer/ REI First aid kit self packed (Sil-nylon bag) Fire starter Light / Bass Pro atom, with 2 extra batteries H2O purity tablets / back up Bio soap Toilet paper Wet wipes Dental (tooth brush, moth wash, floss) Light pack towel / REI Pocket knife/ Kershaw Emergency repair kit (sewing, patching, taping) Stuff sacks 4 (home made Sil-Nilon)	.02 oz .01 oz .05 oz .01 oz .01 oz .01 oz .02 oz .02 oz .04 oz .03 oz .02 oz .03 oz .04 oz .04 Oz 2.03 Total

Consumables (food, fuel)	1 canister fuel Food and snacks for 7 days @ 2 lb day, minus 1 st breakfast and last dinner	.12 12.08 13.04 total
Equipment worn or carried	Light nylon boots Bas- pro socks hiking heavy duty Convertible nylon pants / Bass Pro Nylon tee shirt / Wall Mart Graphite trekking poles home made golf club shafts Lightweight hat / Bass Pro with shoulder guard. Watch / Timex Gators / REI	2. 08 oz .04 oz .13 oz .07 oz .13 oz .04 oz .01 oz .07 oz 5.09 Total
Summary of list for 7 day trip	Pack Shelter Sleeping Clothing (packed) Cooking & water Essentials & misc. Base pack Consumables (food, fuel 7 day trip) Total pack weight Equipment worn or carried Total skin out	2.13 3.02 2.01 2.02 2.00 2.03 14.05 13.04 27.09 5.09 33.02 oz