

Category	Item	Weight in Ounces	Notes and Shoulder Season Tweaks
Pack	ULA CDT	24	
	Trash compactor bag	1.2	Waterproof liner to keep pack contents dry
Shelter	Zpacks Hexamid	10.4	
	Polycryo Groundsheet	1.5	Vapor barrier from the ground
	Six Moon Designs stakes (6)	2.1	
	Leki Micro Vario carbon trekking poles	15	Balance and support while hiking and poles for tent
Food System	TOAKS titanium alcohol stove	1.8	(including windscreen, stand, and carrying bag)
	TOAKS 550-ml Titanium Pot w/ Lid	2.6	
	TOAKS Titanium long handled spoon	0.57	
	Loksak Opsak 12x20"	1	Used to reduce food odors that attract animals
FAK, repair, misc.	Six Moon Designs 2L pack pod	0.5	
	Suunto compass	1.6	
	mini pocket knife	0.6	
	Contact case, contacts, glasses	3	
	Toothpaste, toothbrush	1	
	Needle & floss	0.1	
	Triple antibiotic	0.5	
	Joshua Tree balm	0.5	For skin care
	Ibuprofen, benadryl	0.3	
	Tenacious Tape	0.1	All purpose repair tape made for gear
	mesh repair kit	0.1	
	thermarset patch kit	0.1	
	Leuko Tape	0.2	All purpose medical tape that stays stuck
	hand sani	1	
	moleskin	0.1	
	Sawyer Sunscreen	0.6	
	extra Sawyer gasket	0.1	
	mini lighter	0.4	
	Diva cup	0.5	
pen	0.1		
Sleep	Thermarest NeoAir Small	8	I sleep with my empty pack under my legs
	Katabatic Gear Sawatch (15-degree quilt, 900fp) in waterproof sack	25	Cold sleeper; plan to be camped >8000' regularly
Clothes	Headsweats Visor		0.8

	Goodr Sunglasses		0.7	
	Old Montbell Down Jacket	10		
	Astral TR1 Loops		17	
	2pr Point 6 extra light mini crew	0.9	0.9	
	PurpleRain Hiking Dress		5.3	
	Random brand Running Tights	8		Extra warmth when hiking or for sleep
	Patagonia Tropic Comfort Sun Hoody	6.2		For sun protection, midweight layer while hiking, extra warmth for sleep
	Exofficio Brief		0.8	
	Sports Bra		1.3	
	OR Helium II Rain Jacket	5.8		
	Under Armor liner gloves	1.2		
	MLD Rain Mitts	1.1		
	ZPacks fleece beanie	1		
	Buff	1		
Hydration				
	Sawyer Squeeze Filter and backflush syringe	4		
	1L Smartwater bottle (2)	2.6		
	Sawyer 32 oz pouches (4)	3		6L water carrying capacity
Electronics				
	Smart Phone	10		with Lifeproof case and charger cord
	Anker 10,000 mAp External Battery	6.4		with charger cord
	Nitecore NU25 headlamp	1.2		with charger cord
	Garmin inReach mini	3.5		with charger cord
Guides				
	Maps	varies		
	Gaia GPS	0		
Wallet				
	I.D. and credit card	1		stored inside ziplock bag
Total Carried		171.47		
Total Worn		26.8		
	Pounds Carried:	10.7		
	Pounds Worn:	1.7		