

Item	Priority [1]	Selection	Weight [2]
GO SUIT CLOTH	GO SUIT CLOTHING + ITEMS WORN		
Hiking shirt	Critical	Patagonia Tropic Hoody	6.2
Pants or shorts	Critical	Patagonia Quandary pants	9.0
Belt	Contingent		
Underwear A	Contingent	ExOfficio give-n-go bikini	0.8
Bra A	Contingent	sports bra	1.3
Headwear	Critical	Headsweats visor	0.8
Sun gloves	Suggested		
Sunglasses	Critical	Goodr	0.7
Rx glasses or contacts	Contingent		
Trekking Poles	Critical	Leki microvario	15.0
		TOTAL	33.8
FOOTWEAR	FOOTWEAR		
Shoes	Critical	Astral TR1 Scuffler	17.0
Gaiters	Optional		
Hiking socks A	Critical	Darn Tough 1/4 socks, light cushion	0.8
Hiking socks B	Optional	Darn Tough 1/4 socks, light cushion	0.8
Camp footwear	Suggested		
Sleeping socks	Critical		
		TOTAL	18.6
CLOTHING: ELE	CLOTHING: ELEMENT PROTECTION		
Shell top	Critical	OR helium II	5.8
Shell bottoms	Unnecessary		
Umbrella	Unnecessary		
Mid-layer top	Suggested	Patagonia R1	12.7
Trekking pants or thermals	Unnecessary		
Liner gloves	Optional	UnderArmor liner gloves	1.1
Shell mitts	Unnecessary		
Insulated headwear	Suggested	Zpacks fleece beanie	1.0
		TOTAL	20.6
CLOTHING: STO	CLOTHING: STOP & SLEEP		
Insulated jacket	Critical	Montbell thermawrap jacket	7.2
Insulated pants	Unnecessary		

Underwear B	Contingent	ExOfficio give-n-go bikini	0.8
Bra B	Contingent		
Sleeping top	Unnecessary		
Sleeping bottoms	Unnecessary		
		TOTAL	8.0
PACKING	PACKING		
Pack	Critical	ULA CDT	21.0
Waterproofing	Suggested	Trash Compactor Bag	1.2
Food storage: today	Critical	Freezer Ziploc bag	0.3
Food storage: future	Critical	LOKSAK OPSAK	1.0
Food protection	Unnecessary		
Stuff sacks	Suggested		
Eyewear case	Suggested		
		TOTAL	23.5
SHELTER	SHELTER		
Rainfly or tarp	Critical	Zpacks hexamid	10.4
Nest, bivy, or hammock	Optional		
Ground cloth or footprint	Optional	polycryo	1.2
Poles	Contingent		
Guylines	Critical	Add generous lengths for sandy & slickrock camps	
Stakes	Critical	(6) Six moon designs stakes	2.1
		TOTAL	13.7
SLEEP	SLEEP		
Bag or quilt	Critical	Zpacks 20	16.6
Pad or under quilt	Critical	NeoAir xlite short	8.0
Pillow	Optional	Klymite	2.3
Ear plugs	Optional	yes	
		TOTAL	26.9
KITCHEN	KITCHEN		

Stove	Critical	TOAKS alcohol stove	1.8	
Wind screen	Contingent	yes	0.2	
Pot stand	Contingent	included in stove weight		
Cookpot	Critical	TOAKS titanium 750-ml pot w/ lid	3.6	
Eating bowl or pot	Contingent			
Hot drink container	Suggested			
Pot lifter	Contingent			
Fuel container	Critical	12 oz. juice bottle, clearly labeled	1.0	
Fuel measurement	Contingent			
Utensil	Critical	TOAKS long handled spoon	0.6	
Ignition	Critical	Bic	1.0	
		TOTAL	8.2	
HYDRATION	HYDRATION			
Bottle(s): primary	Critical	2 x 1L smartwater bottle	2.5	
Bottle(s): storage	Critical	2L platy bladder	1.3	
Treatment: primary	Provided	aqua mira	3.0	
Treatment: secondary	Optional			
		TOTAL	6.8	
NAVIGATION	NAVIGATION			
Guidebook	Unnecessary			
Topographic maps	Provided	yes	3.0	
Databook	Unnecessary			
Watch	Critical	Waterproof sports watch	2.0	
Compass	Critical	Suunto M3G	1.5	
Handheld GPS or GPS app	Critical	Phone w Gaia and CalTopo		
Paper protection	Provided	2 x gallon ziploc	1.0	
Writing instrument	Critical	pen	0.5	
		TOTAL	8.0	

TOOLS, FIRST AID, EMERGENCY, & UTILITY			
Light	Critical	Nitecore NU25	1.2
Sleep mask	Unnecessary		
Knife	Suggested	Victorinox classic	0.8
First Aid Kit	Critical	tweezers, extra hair tie, ibuprofen, benadryl, triple anti, leuko tape, chapstick, safety pin, blue sponge	3.0
Foot care kit	Critical		0.2
Repair Kit	Critical	themarest patch kit, duct tape on poles, tencious tape, needle + floss, extra sawyer gasket	3.0
Sat comm	Optional	Garmin inReach mini	3.5
Firestarter	Critical	Bic lighter + Mylar food wrapper	
Power	Optional	Anker Powercore II 10,000mAh	7.0
Insect repellent	Unnecessary		
Bandana	Optional		
Headnet	Unnecessary		
Bear spray	Unnecessary		
Sit pad	Unnecessary		
Group shelter	Unnecessary		
Foot traction	Unnecessary		
Ice axe	Unnecessary		
		TOTAL	18.7
PERSONAL ITEMS			
Dental	Suggested	brush, toothpaste, floss pick	1.5
Poop kit	Optional	See-proof TP bags available at TH	
Bathroom assistance	Optional		
Hand soap or sanitizer	Critical	Hand sanitizer	1.0
Feminine products	Contingent	Diva cup	0.5
Skin care	Critical	Joshua Tree salve, Sawyer sunscreen	2.0
Eye care	Optional	Contacts, glasses, back up contacts, saline	3.0
Trip recording	Suggested	Iphone XR	10.0
Entertainment	Unnecessary	earbuds	1.0

Wallet w/ID, cash, CC	Critical	ID, CC in ziploc	1.0	
		TOTAL	20.0	
		Specify weight unit:	Ounces [3]	For metric, type "Grams" into H135
		Weight Totals	Oz	Pounds
		Worn Weight	51.6	3.2
		Base Weight	155.2	9.7
		Skin-Out Weight	206.8	12.9

[1] This time, specific to your trip. Use the same tags:

Critical: A must-have, no exceptions

Suggested: A valuable addition, few reasons not to bring

Optional: Not critical, but worth consideration

Contingent: Depends on trip objectives, conditions, and/or other selections

Unnecessary: Unlikely to need and/or can be improvised

[2] Measure with a postal scale in ounces or grams. Specify units in cell H133.

[3] Enter "Ounces" or "Grams" in this cell