

Item	Selection		Weight	Pre-Hike Comments
<b>GO SUIT CLOTHING + ITEMS WORN</b>				
Hiking shirt	Patagonia Tropic Hoody		6.2	
Pants or shorts	Columbia running shorts		5.0	
Underwear A	UnderArmour briefs		0.8	
Bra A	Patagonia bra		1.3	
Headwear	Headsweats visor		0.8	
Sunglasses	Goodr		0.7	
Trekking Poles	Leki microvario		15.0	
	<b>TOTAL</b>		<b>29.8</b>	
<b>FOOTWEAR</b>				
Shoes	Astral TR1 Loops		17.0	Used 2 pairs
Hiking socks A	Darn Tough ankle socks, midweight		0.8	
Hiking socks B	Darn Tough ankle socks, midweight		0.8	
	<b>TOTAL</b>		<b>18.6</b>	
<b>CLOTHING: ELEMENT PROTECTION</b>				
Shell top	OR helium		5.6	
Mid-layer top	App Gear Co alpaca hoodie		11.0	
Liner gloves	OR waterproof liners		2.5	
Insulated headwear	Zpacks fleece beanie		1.0	
	<b>TOTAL</b>		<b>20.1</b>	
<b>CLOTHING: STOP &amp; SLEEP</b>				
Insulated jacket	Montbell		11.5	Added at North Rim
Underwear B	UnderArmour briefs		0.8	
	<b>TOTAL</b>		<b>12.3</b>	
<b>PACKING</b>				
Pack	MLD Exodus		18.0	
Waterproofing	Trash Compactor Bag		1.2	
Food storage: future	LOKSAK OPSAK		1.0	
	<b>TOTAL</b>		<b>20.2</b>	

<b>SHELTER</b>			
Rainfly or tarp	Zpacks plex solo w/ pole jack		15.0
Stakes	MSR Groundhogs (6)		2.1
	<b>TOTAL</b>		<b>17.1</b>
<b>SLEEP</b>			
Bag or quilt	Zpacks 20-degree		16.0
Pad or under quilt	Neoxlite short		8.0
Pillow	Klymite		2.0
Ear plugs	yes		
	<b>TOTAL</b>		<b>26.0</b>
<b>KITCHEN</b>			
Stove	TOAKS alcohol stove		1.8
Wind screen	yes		0.2
Cookpot	TOAKS titanium 750-ml pot w/ lid		3.6
Fuel container	16 oz. juice bottle, clearly labeled		1.0
Utensil	TOAKS long handled spoon		0.6
Ignition	Bic		0.5
	<b>TOTAL</b>		<b>7.7</b>
<b>HYDRATION</b>			
Bottle(s): primary	2 x 1L smartwater bottle		2.5
Bottle(s): storage	3x2L platy bladder		3.9
Treatment: primary	Aqua Mira		3.0
	<b>TOTAL</b>		<b>9.4</b>
<b>NAVIGATION</b>			
Topographic maps	TI large scale		1.0
Watch	Waterproof sports watch		2.0
Handheld GPS or GPS app			
	<b>TOTAL</b>		<b>3.0</b>
			Gaia and Cal topo on phone, downloaded for offline

<b>TOOLS, FIRST AID, EMERGENCY, &amp; UTILITY</b>				
Light	Nitecore NU25		1.5	With charging cord
	1" tubular webbing		12.0	
Knife	Victorinox classic		0.8	
First Aid Kit	tweezers, extra hair tie, ibuprofen, benadryl, immodium, triple anti, leuko tape, chapstick, safety pin		2.0	
Repair Kit	themarest patch kit, duct tape, tencious tape, needle + floss, aquaseal		2.0	
Sat comm	Garmin inReach mini		3.5	With charging cord
Power	Anker Powercore II 10,000mAh		6.5	With charging cord; swap for 20k at Tuweep
	<b>TOTAL</b>		<b>28.3</b>	
<b>PERSONAL ITEMS</b>				
Dental	brush, toothpaste, floss pick		1.5	
Hand soap or sanitizer	Dr. B's, Sani		1.5	
Feminine products	Diva cup		0.5	
Skin care	Sawyer sunscreen		1.0	
Eye care	Contacts, glasses, back up contacts, saline		3.0	
Trip recording	Iphone XR		8.5	With charging cable
Entertainment	Earbuds		0.5	
Wallet w/ID, cash, CC	ID, CC in ziploc		1.0	
	<b>TOTAL</b>		<b>17.5</b>	
	<b>Specify weight unit:</b>		Ounces	For metric, type "Grams" into H135
	<b>Weight Totals</b>		<b>Oz</b>	<b>Pounds</b>
	<b>Worn Weight</b>		47.6	<b>3.0</b>
	<b>Base Weight</b>		162.4	<b>10.2</b>
	<b>Skin-Out Weight</b>		<b>210.0</b>	<b>13.1</b>