

System	Item	Purpose	Qty	Weight (g)	Weight (oz)	Weight (lb)	Comments
GEAR WORN	Inov-8 330 Terrocs	On feet (spring/autumn)	2	804	28.36	1.77	
	Craghoppers Stretch Trousers	On legs	1	390	13.76	0.86	
	Icebreaker Base Layer	On torso	1	192	6.77	0.42	
	Boxers	Guess	1	54	1.90	0.12	
	Smartwool Socks	On feet	1	26	0.92	0.06	
	Trekking Poles	Support	2	560	19.75	1.23	
	RAB Vapour Rise Jacket	On torso (spring/autumn)	1	559	19.72	1.23	
TOTAL				2585	91.18	5.70	
PACKING	Osprey Talon 33 Sack	Carrying stuff	1	966	34.07	2.13	
	Spyder Compression Sack	Compress Sleeping Bag	1	58	2.05	0.13	
	S2S Drybag Red	For Down/Clothing	1	42	1.48	0.09	
	Exped Drybag Green	For Camera/Phone/GPS	1	47	1.66	0.10	
TOTAL				1113	39.26	2.45	
SHELTER	Tarpent Scarp1	Sleeping inside/shelter	1	1340	47.27	2.95	
	Alpkit V Stakes	Pegging tent	6	73	2.57	0.16	
	MSR Stakes	Pegging tent	2	32	1.13	0.07	
TOTAL				1445	50.97	3.19	
SLEEPING	PHD Minimus Sleeping Bag	Sleeping inside	1	863	30.44	1.90	
	RAB Silk Liner	Increasing rating of bag	1	142	5.01	0.31	
	POE Peak Elite AC Mat	Sleeping on	1	346	12.20	0.76	
	Exped Air Pillow	Sleeping on	1	83	2.93	0.18	
TOTAL				1434	50.58	3.16	
COOKING	Optimus Crux Stove	Heating water	1	84	2.96	0.19	
	Optimus Ti Pot and Lid	Heating water/drinking	1	177	6.24	0.39	
	Plastic Mug	Drinking from	1	51	1.80	0.11	
	Light My Fire	Lighting stove	1	27	0.95	0.06	
	MSR Wind Screen	Shielding stove	1	45	1.59	0.10	
	Spoon	Stirring/eating	1	14	0.49	0.03	
TOTAL				398	14.04	0.88	
GEAR CARRIED	Spare Socks	Camp/wet days	1	56	1.98	0.12	
	Fleece Hat	Warmth	1	60	2.12	0.13	
	Fleece Gloves	Warmth	2	75	2.65	0.17	
	Sunhat	Sunny days	1	69	2.43	0.15	
	PHD Minim Down Vest	Insulation at camp	1	252	8.89	0.56	
TOTAL				512	18.06	1.13	
ESSENTIALS	Map and Drybag and Compass	Navigation	1	85	3.00	0.19	
	Garmin Etrex GPS	Navigation	1	179	6.31	0.39	
	Spare Batteries	Navigation	2	58			
	Headtorch & Batteries	Safety	1	77	2.72	0.17	
	First Aid Kit	Safety	1	83	2.93	0.18	
	Toilet Paper	Hygiene	1	5	0.18	0.01	
	Toilet Trowel	Hygiene	1	54			
	Soap (Repackaged Dr Bron)	Hygiene	1	13			
	Plastic Bottle 0.75l	For water on route	1	31	1.09	0.07	
	Platypus	For water storage @ camp	1	24	0.85	0.05	
	Pocket Knife	Misc	1	21	0.74	0.05	
	Valuables	Keys/money/card	1	56	1.98	0.12	
	Sunglasses	Sunny days	1	30	1.06	0.07	
	Repackaged Sunblock	Sunny days	1	12	0.42	0.03	
TOTAL				728	25.68	1.60	
LUXURIES	Camera (Canon 450D + Lens)	Photography	1	791	27.90	1.74	
	Lens Cleaner	Photography	1	8	0.28	0.02	
	Phone & Headphones	Entertainment/Safety	1	154	5.43	0.34	
	GorillaPod	Photography	1	165	5.82	0.36	
TOTAL				1118	39.44	2.46	
CONSUMABLES	Fuel & Canister	Heating water	1	191	6.74	0.42	37g gas used for ~1.25l water
	Evening Meal	Eating	2	301	10.62	0.66	1 meal used
	Cereal Bar	Eating	5	210	7.41	0.46	2 cereal bars eaten
	Oat Cakes, Cheese, Chorizo	Eating	8	228	8.04	0.50	None eaten
	M&Ms	Eating	1	323	11.39	0.71	None eaten
	Mixed Nuts		1	94			None eaten
	Chocolate	Eating	4	187	6.60	0.41	Small amount of dark choc eaten
	Snickers	Eating	2	122	4.30	0.27	Not eaten
	Breakfast	Eating	2	291	10.26	0.64	Not eaten
	Hot Choc Mix	Drinking	1	12	0.42	0.03	Not used
	Coffee Sachets	Drinking	3	64.5	2.28	0.14	2 used
	Additional Food	Eating (Lunch Day 1)	1	350			Ate roll for lunch on Friday
	Water	Drinking/rehydrating meals	1	750	26.46	1.65	Used and used and used
	TOTAL				3123.5	110.18	6.89

System	Item	Purpose	Qty	Weight (g)	Weight (oz)	Weight (lb)	Comments
Total Base Weight				6748	238.03	14.88	
Total Consumables				3123.5	110.18	6.89	
Total Pack Weight				9871.5	348.21	21.76	
Total Worn				2585	91.18	5.70	
Total				12456.5	439.39	27.46	