

System	Item	Purpose	Qty	Calories	Weight (g)	Weight (oz)	Weight (lb)	Comments
<b>GEAR WORN</b>	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	
	Berghaus Technical Top	On torso	1		192	6.77	0.42	
	Boxers	Guess	1		54	1.90	0.12	
	Alpkit Trekker Socks	On feet	1		26	0.92	0.06	
	RAB Vapour Rise Jacket	On torso (spring/autumn)	1		559	19.72	1.23	
<b>TOTAL</b>					<b>2025</b>	<b>71.43</b>	<b>4.46</b>	
<b>PACKING</b>	Osprey Talon 33 Sack	Carrying stuff	1		966	34.07	2.13	
	S2S Drybag Red	For Down/Clothing	1		42	1.48	0.09	
	Exped Drybag Green	For Food	1		47	1.66	0.10	
<b>TOTAL</b>					<b>1055</b>	<b>37.21</b>	<b>2.33</b>	
<b>SHELTER</b>	Tarpent Scarp1	Sleeping inside/shelter	1		1322	46.63	2.91	
	Alpkit V Stakes	Pegging tent	6		73	2.57	0.16	
	MSR Stakes	Pegging tent	2		32	1.13	0.07	
<b>TOTAL</b>					<b>1427</b>	<b>50.34</b>	<b>3.15</b>	
<b>SLEEPING</b>	PHD Minimus Sleeping Bag	Sleeping inside	1		863	30.44	1.90	
	Camp Socks	Sleeping In	1		40	1.41	0.09	
	Icebreaker Base Layer	Sleeping In	1		192	6.77	0.42	
	POE Peak Elite AC Mat	Sleeping on	1		346	12.20	0.76	
	Exped Air Pillow	Sleeping on	1		83	2.93	0.18	
<b>TOTAL</b>					<b>1524</b>	<b>53.76</b>	<b>3.36</b>	
<b>COOKING</b>	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		23	0.81	0.05	
	Spoon	Stirring/eating	1		14	0.49	0.03	
<b>TOTAL</b>					<b>376</b>	<b>13.26</b>	<b>0.83</b>	
<b>GEAR CARRIED</b>	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	
<b>TOTAL</b>					<b>456</b>	<b>16.08</b>	<b>1.01</b>	
<b>ESSENTIALS</b>	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	2.05	0.13	Not used
	Headtorch & Batteries	Safety	1		77	2.72	0.17	Not used
	First Aid Kit	Safety	1		83	2.93	0.18	
	Toilet Paper	Hygiene	1		5	0.18	0.01	
	Soap (Repackaged Dr Bron)	Hygiene	1		13	0.46	0.03	
	Plastic Bottle 0.5l	For water on route	1		27	0.95	0.06	
	Platypus	For water storage @ camp	1		24	0.85	0.05	
	Pocket Knife	Misc	1		21	0.74	0.05	
	Sunglasses	Sunny days	1		30	1.06	0.07	
	Repackaged Sunblock	Sunny days	1		12	0.42	0.03	
	<b>TOTAL</b>					<b>614</b>	<b>21.66</b>	<b>1.35</b>
<b>LUXURIES</b>	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	
	iPod	Entertainment	1		124	4.37	0.27	
	GorillaPod	Photography	1		165	5.82	0.36	
<b>TOTAL</b>					<b>1242</b>	<b>43.81</b>	<b>2.74</b>	
<b>CONSUMABLES</b>	Fuel & Canister	Heating water	1		154	5.43	0.34	37g gas used for ~1.25l water
	Evening Meal	Eating	1	800	301	10.62	0.66	Eaten
	Cereal Bar	Eating	2	388	84	2.96	0.19	Not Used
	Chocolate	Eating	2	410	100	3.53	0.22	Small amount of dark choc eaten
	Snickers	Eating	2	592	35	1.23	0.08	Not eaten
	Breakfast	Eating	1	800	291	10.26	0.64	Eaten
	Hot Choc Mix	Drinking	1	40	12	0.42	0.03	Not used
	Coffee Sachets	Drinking	2	150	43	1.52	0.09	2 used
	Water	Drinking/rehydrating meals	1		500	17.64	1.10	Used
	<b>TOTAL</b>				<b>3180</b>	<b>1520</b>	<b>53.62</b>	<b>3.35</b>
<b>Total Base Weight</b>					<b>6694</b>	<b>236.12</b>	<b>14.76</b>	
<b>Total Consumables</b>					<b>1520</b>	<b>53.62</b>	<b>3.35</b>	
<b>Total Pack Weight</b>					<b>8214</b>	<b>289.74</b>	<b>18.11</b>	
<b>Total Worn</b>					<b>2025</b>	<b>71.43</b>	<b>4.46</b>	
<b>Total</b>					<b>10239</b>	<b>361.17</b>	<b>22.57</b>	