

	<i>Description</i>	<i>Weight (g)</i>	
Wear	Shoes - Salomon hiking shoes with custom inner soles	650	
	Socks and underwear	150	
	Shirt - Very lightweight merino wool tank top/undershirt	80	
	Shirt - Long sleeved very light merino shirt	90	
	Shirt - Long sleeve button-up sun shirt	210	
	Pants - Walking, light stretch, quick dry, good pockets	143	
	Buff - Merino wool	50	
	Hat	50	
	Sunglasses and cloth case	50	
	Walking poles (Black Diamond folding)	265	
	Passport, credit/bank cards, medical info, reserve cash - hidden	80	
		<b>Sub-total Wearing</b>	<b>1818</b>
	Pouch	Pouch/purse, carabiners, safety pins, pen, pencil	160
		Guide/papers, credential, notebook	150
Smart phone, in protective case		275	
Daily cash		75	
		<b>Sub-total: Cross-body pouch is also clipped on pack strap to ease weight</b>	<b>660</b>
Pack	Backpack (Osprey Talon 33 S/M)	900	
	String backpack (homemade), spare plastic baggies	45	
	Rain cover	80	
	Large dry bag ("pack liner") for backpack storage at night	140	
		<b>Attached or in outside pockets of pack:</b>	
	Knife	35	
	Lipgloss	15	
	Cotton bandana/hankie	15	
	Gloves	35	
	Plastic slip-on shoes	175	
		<b>Spare clothes in dry bag</b>	25
	T-shirt (light weight, synthetic)	80	
	1 pair socks	40	
	1 pair underpants	25	
	Medium weight long sleeve merino zip sweater	310	
	Silk scarf	25	
	Jacket - Waterproof breathable	310	
	Rain pants	220	
		<b>Sleep/Evening things in dry bag:</b>	60
	Sleeping bag made from down comforter plus extra down piece	510	
	Down zip vest for evening, night, freezing days, or pillow	235	
	Pants - Merino, medium weight	300	
	Shirt - Merino long sleeve very light weight	100	
	Socks, bra, underpants	140	
		<b>Zip Packing cube (about 2 L) - Stuff for use during day</b>	
	First aid (Advil, aspirin, antiseptic wipes, bandaids, blister pads, polysporin, omnifix tape, paper tape, scissors), needle & thread, tissues, spork, safety pins, sunscreen, micro towel, plastic bag, wet wipes	400	
	Phone charger, adaptor, cord, earbuds, power bank.	250	
		<b>Zip Packing cube - Toiletries for evenings/mornings:</b>	
	Toothbrush, t'paste, floss, soap, comb, hair stuff, tissues, medication, ear plugs, skin cream, nail clippers, tweezers, flashlight.	400	
	Towel (microfibre, 50x80 cm)	50	
		<b>Zip packing cube - Misc. extras and spares supplies:</b>	
	Sampling of medicines: decong., diarrhea, nausea, antihist, antihist cream, excema cream. Spare: eyeglasses, pole tip, tissues, earplugs, first aid items	400	
	<b>Total</b>	<b>In backpack, excluding water and food (g)</b>	<b>5320</b>
	(pounds)	11.7	
<b>TOTAL</b>	<b>From skin out (g)</b>	<b>7798</b>	