

System	Item	Purpose	Qty	Weight (g)	Weight (oz)	Weight (lb)	Used
Trip Title	Blair Atholl to Aviemore	Number of Nights					
Planned Date	March 23rd to March 25th						
<b>GEAR WORN</b>	Inov-8 330 Terrocs	On feet (spring/autumn)	2	804	28.36	1.77	y
	Craghoppers Stretch Trousers	On legs	1	390	13.76	0.86	y
	Icebreaker Base Layer	On torso	1	192	6.77	0.42	y
	Boxers	Guess	1	54	1.90	0.12	y
	Liner Socks	On feet	1	33	1.16	0.07	y
	Sealskinz Socks	On feet	1	122	4.30	0.27	y
	Dirty Girl Gaiters	On feet	2				y - velcro came off, again :/
	RAB Vapour Rise Jacket	On torso (spring/autumn)	1	559	19.72	1.23	y - perfect frid/sat, too warm sunday
<b>(a) TOTAL</b>				<b>2,154</b>	<b>75.98</b>	<b>4.75</b>	
<b>PACKING</b>	Osprey Talon 33 Sack	Carrying stuff	1	966	34.07	2.13	y
	S2S Drybag Red	For Down/Clothing	1	42	1.48	0.09	y
	Podsac Red Drybag	For Camera/Kindle	1	48	1.69	0.11	y
	Cuben Foodbag	For Food	1	8	0.28	0.02	y
<b>(b) TOTAL</b>				<b>1,064</b>	<b>37.53</b>	<b>2.35</b>	
<b>SHELTER</b>	Tarpent Scarp1 in Cuben Stuffsack	Sleeping inside/shelter	1	1,333	47.02	2.94	y
	Alpkit V Stakes	Pegging tent	6	73	2.57	0.16	y
	MSR Stakes	Pegging tent	2	32	1.13	0.07	y
<b>(c) TOTAL</b>				<b>1,438</b>	<b>50.72</b>	<b>3.17</b>	
<b>SLEEPING</b>	PHD Minimus Sleeping Bag	Sleeping inside	1	863	30.44	1.90	y
	RAB Silk Liner	Increasing Rating	1	131	4.62	0.29	y
	Camp Socks	Sleeping In	1	40	1.41	0.09	y - worn on sunday
	Exped Synmat Ultralite 7	Sleeping on	1	460	16.23	1.01	y
	Exped Air Pillow	Sleeping on	1	83	2.93	0.18	y
<b>(d) TOTAL</b>				<b>1,577</b>	<b>55.63</b>	<b>3.48</b>	
<b>COOKING</b>	Optimus Crux Stove	Heating water	1	84	2.96	0.19	y
	Evernew 600ml Pot	Heating water	1	114	4.02	0.25	y
	MSR Wind Screen	Heating water	1	23	0.81	0.05	y
	Fuel Canister	Holding Fuel	1	100	3.53	0.22	y
	Plastic Mug	Drinking from	1	51	1.80	0.11	y
	Fire Steel	Lighting stove	1	27	0.95	0.06	y
	Spoon	Stirring/eating	1	14	0.49	0.03	y
<b>(e) TOTAL</b>				<b>413</b>	<b>14.57</b>	<b>0.91</b>	
<b>GEAR CARRIED</b>	Fleece Hat	Warmth	1	60	2.12	0.13	y
	Fleece Gloves + Covers	Warmth	2	173	6.10	0.38	y - didn't use covers
	Sunhat	Head Protection	1	69	2.43	0.15	y
	Buff	Warmth	1	53	1.87	0.12	y
	Sunglasses	Protection	1	30	1.06	0.07	y
	Montane Featherlite Jacket	Windshirt	1	130	4.59	0.29	n - should have used but didn't
	PHD Minim Down Vest	Insulation at camp	1	252	8.89	0.56	y
<b>(f) TOTAL</b>				<b>767</b>	<b>27.06</b>	<b>1.69</b>	
<b>ESSENTIALS</b>	Map and Drybag and Compass	Navigation	1	85	3.00	0.19	y
	Garmin Etrex GPS	Navigation	1	179	6.31	0.39	y
	Headtorch & Batteries	Safety	1	77	2.72	0.17	y
	First Aid Kit	Safety	1	83	2.93	0.18	y - plaster for cut :/
	Pack Towel						y
	Toilet Paper	Hygiene	1	5	0.18	0.01	y
	Soap (Repackaged Dr Bron)	Hygiene	1	11	0.39	0.02	y
	Toothbrush	Hygiene	1	24	0.85	0.05	y
	Toothpaste Balls in Baggie	Hygiene	6	10	0.35	0.02	y - didn't work very well...!
	Plastic Bottle 0.5l	For water on route	1	27	0.95	0.06	y
	2L Platypus	For water storage @ camp	1	24	0.85	0.05	y
	Cards	Money & ID	1	10	0.35	0.02	y
	Pocket Knife	Misc	1	21	0.74	0.05	n
<b>(g) TOTAL</b>				<b>556</b>	<b>19.61</b>	<b>1.23</b>	
<b>LUXURIES</b>	Camera (Panasonic LX5)	Photography	1	271	9.56	0.60	y
	Phone & Headphones	Entertainment/Safety	1	154	5.43	0.34	y
	Kindle	Entertainment	1	225	7.94	0.50	y
	GorillaPod	Photography	1	165	5.82	0.36	y
<b>(h) TOTAL</b>				<b>815</b>	<b>28.75</b>	<b>1.80</b>	
<b>CONSUMABLES</b>	Gas	Heating water	1	60	2.12	0.13	37g used
	Evening Meal	Eating	2	264	9.31	0.58	2 eaten
	Cereal Bars	Eating	4	1,317	46.46	2.90	2 eaten
	Oatcakes	Eating	7		0.00	0.00	7 eaten
	Chorizo	Eating	7				7 eaten
	Cheese	Eating	7				7 eaten
	Coffee Sachets	Drinking	4				3 used
	Hot Chocolate Sachets	Drinking	2				Not used
	Fruit & Nut Mix	Eating	1				Small amount eaten
	Dark Chocolate	Eating	1				Small amount eaten
	Nuun Tablets	Hydration	6				4.5 used
	Snickers	Eating	3		0.00	0.00	2 eaten

System	Item	Purpose	Qty	Weight (g)	Weight (oz)	Weight (lb)	Used
	Breakfast	Eating	2		0.00	0.00	1 eaten
	Jelly Babies	Eating	1				Most eaten
	Cadbury Fruit & Nut	Eating	1				1 eaten
	Water	Drinking/rehydrating meals	1	500	17.64	1.10	
<b>(l) TOTAL</b>				<b>2,141</b>	<b>75.52</b>	<b>4.72</b>	
<b>Total Base Weight</b>	$x = b + c + d + e + f + g + h$			<b>6,630</b>	<b>233.87</b>	<b>14.62</b>	
<b>Total Consumables</b>	<b>i</b>			<b>2,141</b>	<b>75.52</b>	<b>4.72</b>	
<b>Total Pack Weight</b>	$y = x + i$			<b>8,771</b>	<b>309.39</b>	<b>19.34</b>	
<b>Total Worn</b>	<b>a</b>			<b>2,154</b>	<b>75.98</b>	<b>4.75</b>	
<b>Total Skin Out</b>	$a + y$			<b>10,925</b>	<b>385.37</b>	<b>24.09</b>	