

System	Item	Purpose	Found	Packed	Qty	Weight (g)	Weight (oz)	Weight (lb)	Used
Trip Title	Loch Monar Hills	Number of Nights		2					
Planned Date	4th May to 6th May								
<b>GEAR WORN</b>	Inov-8 330 Terrocs	On feet (spring/autumn)			2	804	28.36	1.77	Yes
	Paramo Cascada Trousers	On legs			1	572	20.18	1.26	Yes
	Icebreaker Base Layer	On torso			1	192	6.77	0.42	Yes
	Boxers	Guess			1	54	1.90	0.12	Yes
	Alpkit Socks	On feet			1	122	4.30	0.27	Yes
	Montane Extreme Jacket	On torso (spring/autumn)			1	930	32.80	2.05	Yes
	Trekking Poles	Support			2	560	19.75	1.23	Yes
<b>(a) TOTAL</b>						<b>3,234</b>	<b>114.08</b>	<b>7.13</b>	
<b>PACKING</b>	Osprey Talon 33 Sack	Carrying stuff			1	966	34.07	2.13	Yes
	S2S Drybag Red	For Down/Clothing			1	42	1.48	0.09	Yes
	Podsac Red Drybag	For Camera/Kindle			1	48	1.69	0.11	Yes
	Cuben Foodbag	For Food			1	8	0.28	0.02	Yes
<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	Yes
	Alpkit V Stakes	Pegging tent			6	73	2.57	0.16	Yes
	MSR Stakes	Pegging tent			2	32	1.13	0.07	Yes
<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	Yes
	RAB Silk Liner	Increasing Rating			1	131	4.62	0.29	Yes
	Camp Socks	Sleeping In			1	40	1.41	0.09	Yes
	Exped Synmat Ultralite 7	Sleeping on			1	460	16.23	1.01	Yes
	Exped Air Pillow	Sleeping on			1	83	2.93	0.18	Yes
<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	Yes
	Evernew 600ml Pot	Heating water			1	114	4.02	0.25	Yes
	MSR Wind Screen	Heating water			1	23	0.81	0.05	Yes
	Fuel Canister	Holding Fuel			1	100	3.53	0.22	Yes
	Plastic Mug	Drinking from			1	51	1.80	0.11	Yes
	Fire Steel	Lighting stove			1	27	0.95	0.06	Yes
	Spoon	Stirring/eating			1	14	0.49	0.03	Yes
<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	Yes
	Fleece Gloves + Covers	Warmth			2	173	6.10	0.38	Not covers
	Thin Gloves	Warmth			2	35	1.23	0.08	Yes
	Sunhat	Head Protection			1	69	2.43	0.15	Yes
	Buff	Warmth			1	53	1.87	0.12	Yes
	Sunglasses	Protection			1	30	1.06	0.07	Yes
	Montane Featherlite Jacket	Windshirt			1	130	4.59	0.29	Yes
	Patagonia NanoPuff Pullover	Insulation at camp			1	279	9.84	0.62	Yes
	PHD Minim Down Vest	Insulation at camp			1	252	8.89	0.56	Yes
	Pogu Microspikes	Walking on Ice			1	438	15.45	0.97	Yes
<b>(f) TOTAL</b>						<b>1,519</b>	<b>53.58</b>	<b>3.35</b>	
<b>ESSENTIALS</b>	Map and Drybag and Compass	Navigation			1	85	3.00	0.19	Yes
	Garmin Etrex GPS	Navigation			1	179	6.31	0.39	Yes
	Headtorch & Batteries	Safety			1	77	2.72	0.17	No
	First Aid Kit	Safety			1	83	2.93	0.18	No
	Pack Towel	Drying Stuff			1	60	2.12	0.13	Yes
	Toilet Paper	Hygiene			1	5	0.18	0.01	No
	Soap (Repackaged Dr Bron)	Hygiene			1	11	0.39	0.02	Yes
	Toothbrush	Hygiene			1	24	0.85	0.05	Yes
	Travel Toothpaste Tube	Hygiene			1	20	0.71	0.04	Yes
	Plastic Bottle 0.5l	For water on route			1	27	0.95	0.06	Yes
	2L Platypus	For water storage @ camp			1	24	0.85	0.05	Yes
	Cards	Money & ID			1	10	0.35	0.02	No
	Pocket Knife	Misc			1	21	0.74	0.05	No
<b>(g) TOTAL</b>						<b>626</b>	<b>22.08</b>	<b>1.38</b>	
<b>LUXURIES</b>	Camera (Panasonic LX5)	Photography			1	271	9.56	0.60	Yes
	Camera Case	Photography			1	70	2.47	0.15	Yes
	Phone & Headphones	Entertainment/Safety			1	154	5.43	0.34	Yes
	Kindle	Entertainment			1	225	7.94	0.50	Yes
	GorillaPod	Photography			1	165	5.82	0.36	Yes
<b>(h) TOTAL</b>						<b>885</b>	<b>31.22</b>	<b>1.95</b>	
<b>CONSUMABLES</b>	Gas	Heating water			1	50	1.76	0.11	Yes
	Evening Meal	Eating			2	264	9.31	0.58	Yes
	Cereal Bars	Eating			4	889	31.36	1.96	3 used
	Oatcakes	Eating			7		0.00	0.00	Yes
	Chorizo	Eating			8				Yes
	Cheese	Eating			8				Yes
	Coffee Sachets	Drinking			4				3 used
	Dark Chocolate	Eating			1				Yes
	Nuun Tablets	Hydration			4				3 used
	Snickers	Eating			2		0.00	0.00	2 used
	Breakfast	Eating			1		0.00	0.00	No
	Jelly Babies	Eating			1				Yes
	Cadbury Fruit & Nut	Eating			2				Yes
	Water	Drinking/rehydrating meals			1	500	17.64	1.10	Yes
<b>(i) TOTAL</b>						<b>1,703</b>	<b>60.07</b>	<b>3.75</b>	
<b>Total Base Weight</b>	<b>x = b + c + d + e + f + g + h</b>					<b>7,522</b>	<b>265.33</b>	<b>16.58</b>	
<b>Total Consumables</b>	<b>i</b>					<b>1,703</b>	<b>60.07</b>	<b>3.75</b>	

System	Item	Purpose	Found	Packed	Qty	Weight (g)	Weight (oz)	Weight (lb)	Used
Total Pack Weight	$y = x + i$					9,225	325.40	20.34	
Total Worn	$a$					3,234	114.08	7.13	
Total Skin Out	$a + y$					12,459	439.48	27.47	