

System	Item	Purpose	Qty	Calories	Weight (g)	Weight (oz)	Weight (lb)	Used
GEAR WORN	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
	Alpkit Trekker Socks	On feet	1		26	0.92	0.06	Y
	RAB Vapour Rise Jacket	On torso (spring/autumn)	1		559	19.72	1.23	Y
TOTAL					2,025	71.43	4.46	
PACKING	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
	Exped Drybag Green	For Food	1		47	1.66	0.10	Y
TOTAL					1,103	38.91	2.43	
SHELTER	Tarp tent Scarp1	Sleeping inside/shelter	1		1,322	46.63	2.91	Y
	Alpkit V Stakes	Pegging tent	4		49	1.72	0.11	Y
	MSR Stakes	Pegging tent	2		32	1.13	0.07	Y
TOTAL					1,403	49.48	3.09	
SLEEPING	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
	POE Peak Elite AC Mat	Sleeping on	1		346	12.20	0.76	Y
	Exped Air Pillow	Sleeping on	1		83	2.93	0.18	Y
TOTAL					1,463	51.61	3.23	
COOKING	Caldera Cone Stove	Heating water	1		45	1.59	0.10	Y
	Evernew 600ml Pot	Heating water	1		114	4.02	0.25	Y
	Fuel Bottle	Holding Fuel	1		21	0.74	0.05	Y
	Plastic Mug	Drinking from	1		51	1.80	0.11	N - forgot coffee!
	Matches (6)	Lighting stove	10		5	0.18	0.01	Y
	Spoon	Stirring/eating	1		14	0.49	0.03	Y
TOTAL					250	8.82	0.55	
GEAR CARRIED	Fleece Hat	Warmth	1		60	2.12	0.13	Y
	Fleece Gloves + Covers	Warmth	2		173	6.10	0.38	N
	Montane Venture Jacket	Wet days	1		471	16.61	1.04	
	Sunhat	Sunny days	1		69	2.43	0.15	N
	PHD Minim Down Vest	Insulation at camp	1		252	8.89	0.56	Y
TOTAL					1,025	36.16	2.26	
ESSENTIALS	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	N
	Toilet Paper	Hygiene	1		5	0.18	0.01	N
	Soap (Repackaged Dr Bron)	Hygiene	1		11	0.39	0.02	Y
	Plastic Bottle 0.5l	For water on route	1		27	0.95	0.06	Y
	Platypus	For water storage @ camp	1		24	0.85	0.05	Y
	MSR Pack Towel	Drying tent	1		60	2.12	0.13	Y
	Car Keys	Car	1		27	0.95	0.06	Y
	Pocket Knife	Misc	1		21	0.74	0.05	Y
TOTAL					599	21.13	1.32	
LUXURIES	Camera (Canon 450D + Lens)	Photography	1		791	27.90	1.74	Y
	Lens Cleaner	Photography	1		8	0.28	0.02	Y
	Phone & Headphones	Entertainment/Safety	1		154	5.43	0.34	Y
	Kindle	Entertainment	1		513	18.10	1.13	Y
	GorillaPod	Photography	1		165	5.82	0.36	Y
TOTAL					1,631	57.53	3.60	
CONSUMABLES	Meths	Heating water	1		60	2.12	0.13	Y
	Evening Meal	Eating	1	800	301	10.62	0.66	Y
	Cereal Bars	Eating	2	388	84	2.96	0.19	1 of 2
	Pittas	Eating	3	615	228	8.04	0.50	1 of 3
	Snickers	Eating	1	296	59	2.08	0.13	Y
	Breakfast	Eating	1	800	150	5.29	0.33	Y
	Chocolate	Eating	1	75	35	1.23	0.08	N
	Water	Drinking/rehydrating meals	1		500	17.64	1.10	Y
TOTAL				2974	1,417	49.98	3.12	
Total Base Weight					7,474	263.63	16.48	
Total Consumables					1,417	49.98	3.12	
Total Pack Weight					8,891	313.61	19.60	
Total Worn					2,025	71.43	4.46	
Total					10,916	385.04	24.06	