

GLEN'S ULTRALIGHT BACKPACKING GEAR LIST

Trip: *Grand Canyon October 2002*

Updated 3/15/02

INDIVIDUAL GEAR		Weight		
Items in Pack		oz.	lbs.	oz.
	GVP Gear G4 pack	12		
	Sukalac custom down sleeping bag (40 deg)	16.0		
<input type="checkbox"/>	Silk Liner for sleeping bag			
	Mt. Washington pad (30" x 15")	2.8		
	Rain Shield waterproof breathable shell jacket	5.6		
	Golite Reed waterproof breathable shell pants	5.3		
<input type="checkbox"/>	Patagonia Fireball® jacket (fiberfill insulation)			
	Moonstone pullover jacket (fiberfill)	14.9		
	Merino wool leggings	6.5		
<input type="checkbox"/>	Patagonia Puffball® vest (fiberfill insulation)			
	Windstop fleece balaclava (OR)	1.8		
<input checked="" type="checkbox"/>	Patagonia R1 Zip T			
<input checked="" type="checkbox"/>	Polartech windstop® mittens	2.2		
<input checked="" type="checkbox"/>	Fleece socks (1 pair)	2.7		
	Light synthetic socks (1 pair)	1.2		
<input checked="" type="checkbox"/>	Ripstop nylon sock covers	1.8		
<input checked="" type="checkbox"/>	Stuff sack for clothes (1.1 oz. silnylon)	1.3		
<input checked="" type="checkbox"/>	Toothbrush (short) and small floss	0.6		
	Plastic cup			
<input checked="" type="checkbox"/>	Plastic spoon	0.3		
<input checked="" type="checkbox"/>	Bandanna (bandage, towel, washcloth, prefilter...)	0.9		
	1 Trash compactor bag to protect clothes & sleeping bag	2.3		
<input checked="" type="checkbox"/>	Paper, small pencil, firestarter, hurricane matches, pack repair	1.0		
<input checked="" type="checkbox"/>	Non-aspirin+PM, blister pads, first aid tape, immodium, diphedral, mirror	3.2		
	Snow baskets for trekking poles			
<input checked="" type="checkbox"/>	Headnet	0.7		
<input checked="" type="checkbox"/>	Insect repellent	0.6		
<input checked="" type="checkbox"/>	Mesh bag for small items (North Face)	0.3		
	Snowpeak 600 titanium cup with heavy foil lid	2.8		
<input checked="" type="checkbox"/>	Mini "Pepsi-can" stove	0.2		
<input checked="" type="checkbox"/>	Potholder for mini-stove to hold Snowpeak cup	0.2		
<input checked="" type="checkbox"/>	Windscreen	0.3		
	Ursack minor bear sack	4.0		
	GVP Gear Spinnaker Shelter	9.6		
	Anodized aluminum stakes	1.0		
	2 stakes			
<input type="checkbox"/>	Stuff sack for shelter			
<input checked="" type="checkbox"/>	Ground cloth (1/2 of thin mylar space blanket)	0.9		
<input checked="" type="checkbox"/>	Rope (50 ft. Aerodyne 825 spectra rope in mesh sack)	1.2		
<input checked="" type="checkbox"/>	Platypus Hoser 2 liter	2.7		
<input checked="" type="checkbox"/>	Platypus 2 liter with cap	1.7		
<input checked="" type="checkbox"/>	Food bag (silnylon)	0.7		
BASIC PACK WEIGHT		109.3	6 lbs.	13.3 oz.
Expendables	6 days/5 nights			
	Food (including any group meals)	28 oz./day	162.4	
	Water	2 quarts	64.0	
	Fuel	2 oz./day	10.0	
	Vitamins/medication		2.5	

TOTAL EXPENDABLES **238.9** **14 lbs. 14.9 oz.**

TOTAL PACK WEIGHT (BASIC PACK + EXPENDABLES) **348.2** **21 lbs. 12.2 oz.**

Items Worn or in Pockets

<input checked="" type="checkbox"/>	Whistle, Pocket Bright on lanyard	1.3		
	Leatherman Micra® knife	2.2		
<input checked="" type="checkbox"/>	Running shoes (Brooks Cheetah)	30.0		
<input checked="" type="checkbox"/>	Coolmax ankle socks	1.2		
<input checked="" type="checkbox"/>	Nylon shorts (Lands End)	7.1		
<input checked="" type="checkbox"/>	Long sleeved nylon shirt (REI)	10.1		
<input checked="" type="checkbox"/>	Seattle Sombrero® hat	4.0		
<input checked="" type="checkbox"/>	Toilet paper (8 squares per day)	0.7		
<input checked="" type="checkbox"/>	Iodine water pills in small plastic container	0.4		
<input checked="" type="checkbox"/>	Dr. Bronner's soap in small plastic bottle	0.8		
<input checked="" type="checkbox"/>	Sunglasses on cord	1.5		
<input checked="" type="checkbox"/>	Suunto Vectra watch (alarm, light, compass)	2.5		
<input checked="" type="checkbox"/>	Money, credit card, driver's license	0.7		
	Prescription or reading glasses if needed			
<input checked="" type="checkbox"/>	MiniGaiters - Trail Racer	2.0		
<input checked="" type="checkbox"/>	Matches in small ziploc bag	0.2		
<input checked="" type="checkbox"/>	Bandanna	0.9		
<input checked="" type="checkbox"/>	Sunscreen SPF 45	0.9		
<input checked="" type="checkbox"/>	Blistex lip sunscreen SPF 30	0.2		
<input checked="" type="checkbox"/>	Lotion	0.6		
<input checked="" type="checkbox"/>	Maps and permits	1.8		
	TOTAL WORN OR IN POCKETS	69.1	4 lbs.	5.1 oz.

TOTAL SKIN OUT WEIGHT (TOTAL PACK + WORN) **417.3** **26 lbs. 1.3 oz.**