

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		
☐	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		
☐	Patagonia Fireball® jacket (fiberfill insulation)			
☐	Moonstone pullover jacket (fiberfill)	14.9		
☐	Merino wool leggings	6.5		
☐	Patagonia Puffball® vest (fiberfill insulation)			
☐	Windstop fleece balaclava (OR)	1.8		
☒	Patagonia R1 Zip T			
☒	Polartech windstop® mittens	2.2		
☒	Fleece socks (1 pair)	2.7		
☐	Light synthetic socks (1 pair)	1.2		
☒	Ripstop nylon sock covers	1.8		
☒	Stuff sack for clothes (1.1 oz. silnylon)	1.3		
☒	Toothbrush (short) and small floss	0.6		
☐	Plastic cup			
☒	Plastic spoon	0.3		
☒	Bandanna (bandage, towel, washcloth, prefilter...)	0.9		
☐	1 Trash compactor bag to protect clothes & sleeping bag	2.3		
☒	Paper, small pencil, firestarter, hurricane matches, pack repair	1.0		
☒	Non-aspirin+PM, blister pads, first aid tape, immodium, diphedrol, mirror	3.2		
☐	Snow baskets for trekking poles			
☒	Headnet	0.7		
☒	Insect repellent	0.6		
☒	Mesh bag for small items (North Face)	0.3		
☐	Snowpeak 600 titanium cup with heavy foil lid	2.8		
☒	Mini "Pepsi-can" stove	0.2		
☒	Potholder for mini-stove to hold Snowpeak cup	0.2		
☒	Windscreen	0.3		
☐	Ursack minor bear sack	4.0		
☐	GVP Gear Spinnaker Shelter	9.6		
☐	Anodized aluminum stakes	1.0		
☐	2 stakes			
☐	Stuff sack for shelter			
☒	Ground cloth (1/2 of thin mylar space blanket)	0.9		
☒	Rope (50 ft. Aerodyne 825 spectra rope in mesh sack)	1.2		
☒	Platypus Hoser 2 liter	2.7		
☒	Platypus 2 liter with cap	1.7		
☒	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.
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TOTAL PACK WEIGHT (BASIC PACK + EXPENDABLES)	348.2	21 lbs.	12.2 oz.
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Items Worn or in Pockets

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