

Category	Weight (g)	Notes
Carried (less consumerables)	Haulage	1591
	Sleeping	2149
	Cooking & Nutrition	269
	Hydration	429
	Hygiene	48
	Navigation	222
	Emergency	374
	Personal	390
	Clothing (carried)	1725
Worn	Clothing (worn)	907
	Footwear (worn)	1152
Consumerables	Food / Water / Fuel	2844
		Inclusive of reserve supply

Totals	Weight	
	(g)	(kg)
Carried (less food, water, fuel)	7197	7.20
Worn (clothes & footwear)	2059	2.06
Food / Water / Fuel	2844	2.84
Skin-out	12100	12.10

System	Item	Manufacturer	Item	Size	Comment	Unit weight	Quantity	Weight
Haulage	Pack	Osprey	Exos	34L		1006	1	1006
Haulage	Pack cover	Sea to Summit	Ultra-Sil	S		83	1	83
Haulage	Poles	Leki	Super Makalu SLS		Pair.	502	1	502
Sleeping	Tarp	Z-Packs	Square, flat tarp	8.5 x 8.5 ft	Cuben. Inclusive of guys, pegs, stuff-sack	475	1	475
Sleeping	Bivy	Mountain Laurel Designs	Superlight		Cuben & Pertex Quantum. Inclusive of stuff-sack.	139	1	139
Sleeping	Ground sheet	n/a			Sourced from Mountain Laurel Designs	45	1	45
Sleeping	Bag	Western Mountaineering	Ultralight	165cm (S)	850+ fill power. Inclusive of S2S Ultra-Sil drybag.	851	1	851
Sleeping	Bag liner	Mont	Silk liner			131	1	131
Sleeping	Mat	Thermarest	Neo-Air X-Therm	S	R-value 7. Inclusive of stuffsack.	508	1	508
Cooking & Nutrition	Stove	Evernew	Appalachian cookset		Titanium. Inclusive of cloth and mesh sack.	190	1	190
Cooking & Nutrition	Fuel bottle	Nalgene		250ml		32	1	32
Cooking & Nutrition	Ignition	n/a	Matches		Inclusive of waterproof container	10	1	10
Cooking & Nutrition	Utensil	Light My Fire	Spork			10	1	10
Cooking & Nutrition	Dry-bag	Sea to Summit	Ultra-Sil dry bag	13 L	Sil-nylon	27	1	27
Hydration	Filter	MSR	HyperFlow			250	1	250
Hydration	Bottle	Nalgene	Wide mouth bottle	1 L		179	1	179
Hygiene	Dental kit		Toothbrush & toothpaste			48	1	48
Navigation	Compass	Silva	Type 6/54			39	1	39
Navigation	Maps	MYOG	Memory-Map 1:25K prints	A3		11	4	42
Navigation	Map cover		Zip-loc bag			5	1	5
Navigation	GPS	Garmin	ForeTrex 401			64	1	64
Navigation	Batteries	Energiser	Advanced Alkaline	AAA		12	6	72
Emergency	Comms	Phone	iPhone 5s			112	1	112
Emergency	Comms	PLB	AccuSat MT410G		406 / 121.5 MHz	242	1	242
Emergency	First aid	First aid kit			Inclusive NeoAir repair patch	20	1	20
Personal	Sunglasses	Oakley	Flak Jacket			23	1	23
Personal	Camera	Olympus	TG810		Inclusive of 48G ScanDisk SD card	225	1	225
Personal	Watch	Casio	G-Shock Tough Solar AWR-M100B			57	1	57
Personal	Multi-tool	Leatherman	Squirt PS4			57	1	57
Personal	Head-torch	Petzl	e+LITE			28	1	28
Clothing (carried)	Base-layer	Patagonia	Capilene-3 thermal bottoms	S	Poly	185	1	185
Clothing (carried)	Base-layer	Kathmandu	Altica thermal long-sleeve top	S	Poly	190	1	190
Clothing (carried)	Insulation	Helly Hansen	Odin Isolator jacket		Primaloft	359	1	359
Clothing (carried)	Shell	Montane	Air jacket	S	2.5 layer eVent. Inclusive of mesh bag.	330	1	330
Clothing (carried)	Shell	Montane	Minimus pants	S	Pertex. Inclusive of mesh bag.	148	1	148
Clothing (carried)	Beanie	Outdoor Research	Wind Warrior	L / XL	Gore Windstopper	72	1	72
Clothing (carried)	Neckwear	Buff				37	1	37
Clothing (carried)	Gloves	North Face	TNF Apex	M		88	1	88
Clothing (carried)	Gloves	Manzella		S / M (women's)	Polartec Power Stretch	45	1	45
Clothing (carried)	Socks	Wigwam	Cool Lite Hiker Pro	Crew	Synthetic	71	2	142
Clothing (carried)	Socks	Waterproof socks	Hanz	S		102	1	102
Clothing (carried)	Dry-bag	Sea to Summit	Ultra-Sil dry bag	13 L	Sil-nylon	27	1	27
Clothing (worn)	Pants	Patagonia	Simple Guide pants	S	Softshell.	376	1	376
Clothing (worn)	Belt	MYOG	Belt		Nylon strap & Fastex hardware	32	1	32
Clothing (worn)	Shirt	Mountain Hardwear	Long sleeve technical t-shirt		Poly	164	1	164
Clothing (worn)	Shirt	Columbia	Long Sleeve over-shirt	S	Nylon	219	1	219
Clothing (worn)	Underwear	Exofficio	Brief	S	Poly mesh	55	1	55
Clothing (worn)	Cap	Brooks			Windproof	61	1	61
Footwear (worn)	Trail runners	Salomon	XA Pro 3D Ultra 2	US 8 / EU 42.3		740	1	740
Footwear (worn)	Gaiters	Sea to Summit	Quagmire		eVent	341	1	341
Footwear (worn)	Socks	Wigwam	Cool Lite Hiker Pro	Crew	Synthetic	71	1	71
Food / Water / Fuel	Breakfast	Self-prepared	Oats, with honey & cinnamon			150	2	300
Food / Water / Fuel	Grazing	Self-prepared	Trail mix		Cashew, banana chip, soy chip, liquorice bullet	220	3	660
Food / Water / Fuel	Grazing	Shotz	Energy bar			50	3	150
Food / Water / Fuel	Dinner	Backcountry Cuisine	Dehydrated meal	Single-serve		90	3	270
Food / Water / Fuel	Refuel	Aussie Bodies	Protein FX (protein & energy bar)			65	2	130
Food / Water / Fuel	Hot drink	Robert Timms	Coffee bag			7	4	28
Food / Water / Fuel	Hot drink	Jarrah	Hot chocolate sachet			14	4	56
Food / Water / Fuel	Water	n/a	Water	1L		1000	1	1000
Food / Water / Fuel	Fuel	n/a	Metholated spirits	250 ml		250	1	250