

Backpacking Equipment List For Western Mountains

Item	lbs	oz
goretex parka	1	12
down vest & stuff sack	1	0
Polartek jacket	1	0
Polartek gloves	0	4
long sleeve shirt		13
extra short sleeve shirt		6.5
Polartek goat herder hat		5
Goretex Rain pants		13.5
wind shirt		4
camp shoes	1	9
2 pr undershorts		4.25
2 pr white socks		4
2 pr wool socks		7
fleece Pants		11.5
pr long pants		13
tent + ground sheet	7	12
Thermarest sleeping pad and sack	1	10
Feathered Friends sleeping bag	3	5
Crazy Creek chair	1	8
pillow case		2
pack + straps	9	
mini day pack		8
pack cover		9

cook kit	1	1
1 pt fuel bottle		4
1 pint fuel	1	
lighter		3
insulated mug		3.5
utensils		2
dish cloth		0.5
1 water bottle		4
water carrier		5.6
water treatment pump		16
dish soap		4.5
2 bottles iodine tablets		3
food hanging cord		3

1 qt fuel bottle		4.5
stove		13
1 qt of fuel	1	
deoderant		1.5
chapstick		0.25
hand cream		3
hand soap		2
shampoo		2
wash cloth		1.5

Items to be worn at start

hiking boots
short sleeve shirt
shorts
sun hat
bandana
1 pr undershorts
1 pr cotton liner socks
1 pr wool socks

Hand Carried Items

Tripod
Ball head
35 mm camera body
28 mm lens

Tarp?

small towel		4.5
toothpaste		1.5
toothbrush		0.5
toilet paper		9.5
trowel		2
ibuprofen		1
tagamet		1.5
first aid kit		12.5
q tips		0.5
stove repair kit		1
bug net		3
maps		5
GPS		9
sunglasses		2.5
flashlight		3.5
4 AA cells		3.5
2 spare bulbs		0.5
compass		1
thermometer		1
rip stop tape		0.5
whistle		0.75
scissors		1.3
moleskin		1.5
needle and thread		0.1
xtra matches		1
pocket knife		3.5
micro voice recorder		5
C-3030 Digital camera and pouch		20.5
camera body		
50 mm macro		10.5
28 mm wide angle		
100 mm telephoto		11.5
spare batteries		8
cable release		\
lens wipes		\
lens cleaning solution		\
air brush		\
plastic bag covers		\
tripod		\
16 rolls film		18
haze filter		
Total	28	384.25
Grand Total, in lbs	52.015625	