

REF: THRU - Summer

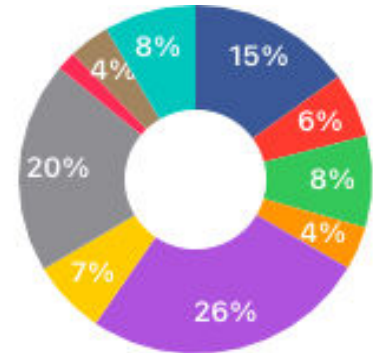
Location: Mountains 800:3500m

Weather: +sun, temp 5:35c








Conditions: -bugs, red/white trail

Base	5.31 kg
Worn	1.71 kg
Consumed	0.22 kg
Total	7.24 kg

B3 - Carrying	1.08 kg
B3 - Shelter	0.43 kg
B3 - Sleeping	0.61 kg
Clothing - Camp	0.29 kg
Clothing - Hiking	1.89 kg
Cooking / Eating	0.50 kg
Electronics	1.42 kg
Hydration	0.13 kg
Hygiene	0.27 kg
Safety / Fix	0.61 kg






B3 - Carrying

	Backpack 55+9l HMG Northrim 3400	990 g Base x 1
	Bag - Food Storage psak - 10l	30 g Base x 1
	Pack Liner Nylofume	30 g Base x 1
	Stake Bag 19cm TreadLite Gear - DCF	5 g Base x 1
	Stuff Sack - Large DCF	12 g Base x 1
	Stuff Sack - Medium DCF	10 g Base x 1
	Stuff Sack - Small DCF	8 g Base x 1

B3 - Carrying: 1.08 kg

B3 - Shelter

	Groundsheet - 1p / Rain Kilt Borah Gear - DCF	55 g Base x 1
	Stakes - Nails 22cm MSR Core 9	72 g Base x 6
	Stakes - Shepherd Hook Vargo Titanium	36 g Base x 6

**Tarp - 8.6'sq (m)**

HMG - DCF

270 g

Base x 1

B3 - Shelter: 0.43 kg**B3 - Sleeping****Quilt -6c Down**

EE 10d 950fp

545 g

Base x 1

**Sleeping Pad / Yoga mat**

Gram counter - Evazote

70 g

Base x 1

B3 - Sleeping: 0.61 kg**Clothing - Camp****Beanie**

Icebreaker - Merino 150

50 g

Base x 1

**Jacket - Insulated**

EE 7d Apex

180 g

Base x 1

**Socks - Sleeping**

Icebreaker- Merino 150

60 g

Base x 1

Clothing - Camp: 0.29 kg**Clothing - Hiking****Buff - Summer**

Icebreaker - Merino 150

80 g

Worn x 1

**Gloves - Sun**

Outdoor Research- Active Ice

20 g

Base x 1

**Jacket - Waterproof**

Haglofs LIM

250 g

Base x 1

**Leggings - Hike/Sleep**

HH - Synthetic

120 g

Base x 1

**Shorts - Hiking**

Misc

150 g

Worn x 1

**Shorts - Hiking**

Misc

150 g

Base x 1

**Socks - Hiking**

Silverlight - Crew

90 g

Worn x 1

**Socks - Hiking**

Silverlight - Crew

90 g

Base x 1

**Sun Hoody**

Arcteryx

180 g

Base x 1

**Sun Hoody**

Arcteryx

180 g

Worn x 1

**Sun visor**

Dynafit

30 g

Worn x 1



Sunglasses

Mundanka

30 g

Worn x 1



Trail Runners

Altra Lone Peak 5 / eu44

520 g

Worn x 1

Clothing - Hiking: 1.89 kg

Cooking / Eating



Fuel - Gas 100ml: Canister

Primus Power Gas

100 g

Base x 1



Fuel - Gas 100ml: Gas

Primus Power Gas

100 g

Consumed x 1

Cook Kit - Gas



Cloth - Pot Cleaning

Piece of cleaning cloth

10 g

Base x 1



Cup wo/Lid - 550ml

Toaks - Titanium UL

52 g

Base x 1



Lighter

Bic Mini

20 g

Base x 1



Pot 900ml w/Lid

Toaks Titanium 110mm

116 g

Base x 1



Pot Cozy - 900ml

Homemade - Reflectix

33 g

Base x 1



Scrubbing Pad

Generic - small piece

5 g

Base x 1



Spoon

Toaks - Titanium

18 g

Base x 1



Stove - Canister

Robens - FireMidge

42 g

Base x 1

Cooking / Eating: 0.50 kg

Electronics

Electronics - Core



Battery 10k mAh

Nitecore NB1000

152 g

Base x 1



Cable - Watch

Apple USB-C

30 g

Base x 1



Cable USB-C w/Lightning

USB-C - in tent charging

7 g

Base x 1



Headlamp

Nitecore NU25 UL

45 g

Base x 1






Phone / Camera / GPS















Apple iPhone 13 mini

140 g

Base x 1

	Phone Mount Joby	20 g Base x 1
	Tripod Pedco UltraPod	44 g Base x 1
	Watch / GPS Apple Watch s6	80 g Worn x 1

Electronics - Filming

	Battery 1250mAh (60mins) GoPro Regular	30 g Base x 1
	Battery 1750mAh (90mins) GoPro Enduro	128 g Base x 4
	Battery 20k mAh Nitecore NB2000 (13.5k mAh useable)	326 g Base x 1
	GoPro / 1080p 24fps 1750mAH = 90 min Avg 1-2 battery/day	
	2 cycles * 4 batteries = 14000mAh 2-4 days initial charge + 4-8days on recharge	
	Battery Charger 2x GoPro Battery	46 g Base x 1
	Cable - Charging Apple 0.5m	18 g Base x 1
	Cable USB-C USB-C - in tent charging	5 g Base x 1
	Camera - Video Go Pro 9	127 g Base x 1
	Camera Clip GoPro	62 g Base x 1
	Camera Mount GoPro	23 g Base x 1
	Charger USB-C / CH Apple	45 g Base x 1
	Light - Filming Go Pro Light Mod	30 g Base x 1
	Memory Card 256Gb Sandisk Extreme Pro	1 g Base x 1
	Memory Card 256Gb Sandisk Extreme Pro	1 g Base x 1
	Memory Card 512Gb Sandisk Extreme Pro	1 g Base x 1



Microphone
GoPro Media Mod

60 g
Base x 1

Electronics: 1.42 kg

Hydration

Hydration



Water Bottle 1l
Generic fit Sawyer Squeeze

30 g
Base x 1



Water Bottle 1l
Generic fit Sawyer Squeeze

30 g
Base x 1



Water Filter 28mm
Sawyer Squeeze Micro

60 g
Base x 1



Water Sterilising Tabs x10
Katadyn Micropur Forte

10 g
Base x 1

Hydration: 0.13 kg

Hygiene

First Aid Kit



Antiseptic Cream
Bepantnen+

5 g
Base x 1



Bandage
Generic

8 g
Base x 1



Compress
Generic

4 g
Base x 1



Knife - Tweezers / Firesteel
Victorinox Classic Mini

21 g
Base x 1



Leukotape
Blisters wounds

8 g
Base x 1



Sterilising Woods
Alcohol Pads

10 g
Base x 1



Tablets
Ibuprofen Allegra (h2) Benadryl (h1) Imodium

20 g
Base x 1



Tick Remover
Generic

1 g
Base x 1

Hygiene Kit



Anti-chafe Cream
BodyGlide 40ml

25 g
Consumed x 1



Bidet
Culoclean

12 g
Base x 1



Hand Sanitizer
Generic 25ml

30 g
Consumed x 1



Sunscreen UPF50
Daylong

30 g
Consumed x 1

**Toothbrush**

Bamboo

10 g

Base x 1

**Toothpaste x10**

Generic

5 g

Consumed x 1

**Towel**

GramCounter

20 g

Base x 1

**Trowel**

Vargo DigDig- Titanium

33 g

Base x 1

**Wash - All Purpose**

25ml

30 g

Consumed x 1

Hygiene: 0.27 kg**Safety / Fix****Hiking Poles / Shelter Support**

MSR Explore - Alu

550 g

Worn x 1

Fix Kit**Cord - Spare**

Nordisk 2mm Dyneema

30 g

Base x 1

**Fix Kit - Tent**

TarpTent

10 g

Base x 1

**Glue x2**

Misc

2 g

Base x 1

**Needle / Thread**

Generic

5 g

Base x 1

**Patch - Backpack/ Tarp**

HMG

1 g

Base x 1

**Patch - Clothing**

GearAid - Tenacious Tape

2 g

Base x 1

**Patch - Rain Gear**

Goretex

2 g

Base x 1

**Safety Pins x4**

Generic

2 g

Base x 1

**Zip Ties x5**

Generic

5 g

Base x 1

Safety / Fix: 0.61 kg