

# REF: THRU - Summer

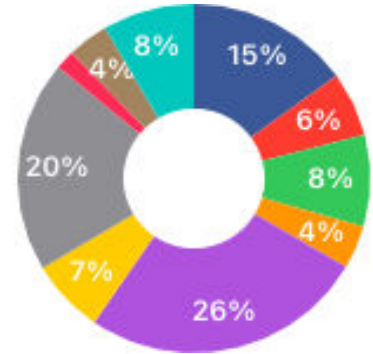
Location: Mountains 800:3500m

Weather: +sun, temp 5:35c








Conditions: -bugs, red/white trail

<b>Base</b>	<b>11.68 lb</b>
<b>Worn</b>	<b>3.76 lb</b>
<b>Consumed</b>	<b>0.48 lb</b>
<b>Total</b>	<b>15.93 lb</b>

<b>B3 - Carrying</b>	<b>2.39 lb</b>
<b>B3 - Shelter</b>	<b>0.95 lb</b>
<b>B3 - Sleeping</b>	<b>1.35 lb</b>
<b>Clothing - Camp</b>	<b>0.64 lb</b>
<b>Clothing - Hiking</b>	<b>4.16 lb</b>
<b>Cooking / Eating</b>	<b>1.09 lb</b>
<b>Electronics</b>	<b>3.13 lb</b>
<b>Hydration</b>	<b>0.29 lb</b>
<b>Hygiene</b>	<b>0.60 lb</b>
<b>Safety / Fix</b>	<b>1.34 lb</b>






## B3 - Carrying

	<b>Backpack 55+9l</b> HMG Northrim 3400	<b>35.3 oz</b> Base x 1
	<b>Bag - Food Storage</b> psak - 10l	<b>1.1 oz</b> Base x 1
	<b>Pack Liner</b> Nylofume	<b>1.1 oz</b> Base x 1
	<b>Stake Bag 19cm</b> TreadLite Gear - DCF	<b>0.2 oz</b> Base x 1
	<b>Stuff Sack - Large</b> DCF	<b>0.4 oz</b> Base x 1
	<b>Stuff Sack - Medium</b> DCF	<b>0.4 oz</b> Base x 1
	<b>Stuff Sack - Small</b> DCF	<b>0.3 oz</b> Base x 1

B3 - Carrying: 2.39 lb

## B3 - Shelter

	<b>Groundsheet - 1p / Rain Kilt</b> Borah Gear - DCF	<b>2.0 oz</b> Base x 1
--	---	---------------------------

	<b>Stakes - Nails 22cm</b> MSR Core 9	<b>2.6 oz</b> Base x 6
	<b>Stakes - Shepherd Hook</b> Vargo Titanium	<b>1.3 oz</b> Base x 6
	<b>Tarp - 8.6'sq (m)</b> HMG - DCF	<b>9.6 oz</b> Base x 1




B3 - Shelter: 0.95 lb

### B3 - Sleeping

	<b>Quilt -6c Down</b> EE 10d 950fp	<b>19.5 oz</b> Base x 1
	<b>Sleeping Pad / Yoga mat</b> Gram counter - Evazote	<b>2.5 oz</b> Base x 1








B3 - Sleeping: 1.35 lb

### Clothing - Camp

	<b>Beanie</b> Icebreaker - Merino 150	<b>1.8 oz</b> Base x 1
	<b>Jacket - Insulated</b> EE 7d Apex	<b>6.4 oz</b> Base x 1
	<b>Socks - Sleeping</b> Icebreaker- Merino 150	<b>2.1 oz</b> Base x 1

Clothing - Camp: 0.64 lb



### Clothing - Hiking

	<b>Buff - Summer</b> Icebreaker - Merino 150	<b>2.9 oz</b> Worn x 1
	<b>Gloves - Sun</b> Outdoor Research- Active Ice	<b>0.7 oz</b> Base x 1
	<b>Jacket - Waterproof</b> Haglofs LIM	<b>8.9 oz</b> Base x 1
	<b>Leggings - Hike/Sleep</b> HH - Synthetic	<b>4.3 oz</b> Base x 1
	<b>Shorts - Hiking</b> Misc	<b>5.4 oz</b> Worn x 1
	<b>Shorts - Hiking</b> Misc	<b>5.4 oz</b> Base x 1
	<b>Socks - Hiking</b> Silverlight - Crew	<b>3.2 oz</b> Worn x 1









	<b>Socks - Hiking</b> Silverlight - Crew	<b>3.2 oz</b> Base x 1
	<b>Sun Hoody</b> Arcteryx	<b>6.4 oz</b> Base x 1
	<b>Sun Hoody</b> Arcteryx	<b>6.4 oz</b> Worn x 1
	<b>Sun visor</b> Dynafit	<b>1.1 oz</b> Worn x 1
	<b>Sunglasses</b> Mundanka	<b>1.1 oz</b> Worn x 1
	<b>Trail Runners</b> Altra Lone Peak 5 / eu44	<b>18.6 oz</b> Worn x 1

Clothing - Hiking: 4.16 lb

## Cooking / Eating

	<b>Fuel - Gas 100ml: Canister</b> Primus Power Gas	<b>3.6 oz</b> Base x 1
	<b>Fuel - Gas 100ml: Gas</b> Primus Power Gas	<b>3.6 oz</b> Consumed x 1









## Cook Kit - Gas

	<b>Cloth - Pot Cleaning</b> Piece of cleaning cloth	<b>0.4 oz</b> Base x 1
	<b>Cup wo/Lid - 550ml</b> Toaks - Titanium UL	<b>1.9 oz</b> Base x 1
	<b>Lighter</b> Bic Mini	<b>0.7 oz</b> Base x 1
	<b>Pot 900ml w/Lid</b> Toaks Titanium 110mm	<b>4.1 oz</b> Base x 1
	<b>Pot Cozy - 900ml</b> Homemade - Reflectix	<b>1.2 oz</b> Base x 1
	<b>Scrubbing Pad</b> Generic - small piece	<b>0.2 oz</b> Base x 1
	<b>Spoon</b> Toaks - Titanium	<b>0.6 oz</b> Base x 1
	<b>Stove - Canister</b> Robens - FireMidge	<b>1.5 oz</b> Base x 1









Cooking / Eating: 1.09 lb








## Electronics

## Electronics - Core

	<b>Battery 10k mAh</b> Nitecore NB1000	<b>5.4 oz</b> Base x 1
	<b>Cable - Watch</b> Apple USB-C	<b>1.1 oz</b> Base x 1
	<b>Cable USB-C w/Lightning</b> USB-C - in tent charging	<b>0.2 oz</b> Base x 1
	<b>Headlamp</b> Nitecore NU25 UL	<b>1.6 oz</b> Base x 1
	<b>Phone / Camera / GPS</b> Apple iPhone 13 mini	<b>5.0 oz</b> Base x 1
	<b>Phone Mount</b> Joby	<b>0.7 oz</b> Base x 1
	<b>Tripod</b> Pedco UltraPod	<b>1.6 oz</b> Base x 1
	<b>Watch / GPS</b> Apple Watch s6	<b>2.9 oz</b> Worn x 1

## Electronics - Filming





	<b>Battery 1250mAh (60mins)</b> GoPro Regular	<b>1.1 oz</b> Base x 1
	<b>Battery 1750mAh (90mins)</b> GoPro Enduro	<b>4.6 oz</b> Base x 4
	<b>Battery 20k mAh</b> Nitecore NB2000 (13.5k mAh useable)  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	<b>11.6 oz</b> Base x 1
	<b>Battery Charger</b> 2x GoPro Battery	<b>1.6 oz</b> Base x 1
	<b>Cable - Charging</b> Apple 0.5m	<b>0.6 oz</b> Base x 1
	<b>Cable USB-C</b> USB-C - in tent charging	<b>0.2 oz</b> Base x 1
	<b>Camera - Video</b> Go Pro 9	<b>4.5 oz</b> Base x 1
	<b>Camera Clip</b> GoPro	<b>2.2 oz</b> Base x 1

	<b>Camera Mount</b> GoPro	<b>0.8 oz</b> Base x 1
	<b>Charger USB-C / CH</b> Apple	<b>1.6 oz</b> Base x 1
	<b>Light - Filming</b> Go Pro Light Mod	<b>1.1 oz</b> Base x 1
	<b>Memory Card 256Gb</b> Sandisk Extreme Pro	<b>0.0 oz</b> Base x 1
	<b>Memory Card 256Gb</b> Sandisk Extreme Pro	<b>0.0 oz</b> Base x 1
	<b>Memory Card 512Gb</b> Sandisk Extreme Pro	<b>0.0 oz</b> Base x 1
	<b>Microphone</b> GoPro Media Mod	<b>2.1 oz</b> Base x 1

Electronics: 3.13 lb

## Hydration






### Hydration




	<b>Water Bottle 1l</b> Generic fit Sawyer Squeeze	<b>1.1 oz</b> Base x 1
	<b>Water Bottle 1l</b> Generic fit Sawyer Squeeze	<b>1.1 oz</b> Base x 1
	<b>Water Filter 28mm</b> Sawyer Squeeze Micro	<b>2.1 oz</b> Base x 1
	<b>Water Sterilising Tabs x10</b> Katadyn Micropur Forte	<b>0.4 oz</b> Base x 1

Hydration: 0.29 lb










## Hygiene

### First Aid Kit

	<b>Antiseptic Cream</b> Bepantnen+	<b>0.2 oz</b> Base x 1
	<b>Bandage</b> Generic	<b>0.3 oz</b> Base x 1
	<b>Compress</b> Generic	<b>0.1 oz</b> Base x 1
	<b>Knife - Tweezers / Firesteel</b> Victorinox Classic Mini	<b>0.7 oz</b> Base x 1
	<b>Leukotape</b> Blisters wounds	<b>0.3 oz</b> Base x 1






	<b>Sterilising Woods</b> Alcohol Pads	<b>0.4 oz</b> Base x 1
	<b>Tablets</b> Ibuprofen Allegra (h2) Benadryl (h1) Imodium	<b>0.7 oz</b> Base x 1
	<b>Tick Remover</b> Generic	<b>0.0 oz</b> Base x 1

### Hygiene Kit

	<b>Anti-chafe Cream</b> BodyGlide 40ml	<b>0.9 oz</b> Consumed x 1
	<b>Bidet</b> Culoclean	<b>0.4 oz</b> Base x 1
	<b>Hand Sanitizer</b> Generic 25ml	<b>1.1 oz</b> Consumed x 1
	<b>Sunscreen UPF50</b> Daylong	<b>1.1 oz</b> Consumed x 1
	<b>Toothbrush</b> Bamboo	<b>0.4 oz</b> Base x 1
	<b>Toothpaste x10</b> Generic	<b>0.2 oz</b> Consumed x 1
	<b>Towel</b> GramCounter	<b>0.7 oz</b> Base x 1
	<b>Trowel</b> Vargo DigDig- Titanium	<b>1.2 oz</b> Base x 1
	<b>Wash - All Purpose</b> 25ml	<b>1.1 oz</b> Consumed x 1

Hygiene: 0.60 lb

### Safety / Fix

	<b>Hiking Poles / Shelter Support</b> MSR Explore - Alu	<b>19.6 oz</b> Worn x 1
<b>Fix Kit</b>		
	<b>Cord - Spare</b> Nordisk 2mm Dyneema	<b>1.1 oz</b> Base x 1
	<b>Fix Kit - Tent</b> TarpTent	<b>0.4 oz</b> Base x 1
	<b>Glue x2</b> Misc	<b>0.1 oz</b> Base x 1
	<b>Needle / Thread</b> Generic	<b>0.2 oz</b> Base x 1

---

 **Patch - Backpack/ Tarp** **0.0 oz**  
HMG Base x 1

---

 **Patch - Clothing** **0.1 oz**  
GearAid - Tenacious Tape Base x 1

---

 **Patch - Rain Gear** **0.1 oz**  
Goretex Base x 1

---

 **Safety Pins x4** **0.1 oz**  
Generic Base x 1

---

 **Zip Ties x5** **0.2 oz**  
Generic Base x 1

---

**Safety / Fix: 1.34 lb**