

Need to buy/modify still
 Haven't been weighed yet

Rain Pants	Montbell Versalite	201
Rain Shell	Patagonia Alpine Houdini Jkt	204
Shoes	La Sportiva Ultra Raptor	894
2 pair socks	Drymax 1/4 crew lite trail running	102
run shorts	Patagonia Nine Trails	125
s/s top	Patagonia S/S Fore Runner Shirt	96
l/s top	Patagonia Cap 2 LW Crew	158
Long underwear bottoms	Smartwool midweight wool	194
light down jacket	Montbell Plasma Down jacket	148
Warm Hat	ZPacks beanie	30
Sun Hat	Headsweats Hat white	52
sunglasses	Smith prescription	23
regular glasses		14
midweight gloves	Zpacks mittens	38
Pack	Gossamer Gear Murmur - modified	276
Drysock	STS Nano Sil 4L	18
Hiking Poles	Gossamer Gear Carbon adjustable LT3's	125
Headlamp	Black Diamond Spot	116
2nd handheld light	Fenix E35	88
Sleeping Bag	Sea To Summit Spark 1	358
Water carrying	2 x Gatorade Bottle 32oz	104
Funnel & scoop for drink mix		12
Cellphone		116
Toilet paper		18
Watch		40
sunscreen		20
Bear Canister	Bearvault BV450, or Wild Ideas Bear vault??	965
Water Purification	Steripen Adventurer	154
Map set	Tom Harrison JMT Map Pack (66)	
SPOT Tracker	w/Batteries	147
Personal Kit/Randomness	ziploc bag	3
	Backup batteries for headlamp	30
	Razor Blade	16
	Athletic tape, sewing needle	12
	Super Glue mini tube	6
	steri strips	4
	ID, credit card, cash & Parks pass	11
	Prep H half tube	18
	Excedrin	14
	Advil	8
	immodium	4
	permit	3

Food & Water for estimating max pack weight

Water	1/2 liter of water	500
Day 1	Estimate at 3.1 lbs per day	1,393
Day 2	Estimate at 3.1 lbs per day	1,393
Day 3	Estimate at 3.1 lbs per day	1,393
Day 4	Estimate at 1.5 lbs per day	681
		5,360

Electrolytes 18 per day
 63 total needed

Perpetuem calories
 Serving Size 2 scoops (69g) 270

Per Day - 3 bags, 12 scoops each
 Total Trip 11 bags, 12 scoops each

Recoverite calories
 Serving Size 2 scoops (49g) 170

Servings each night - 1,2,3
 (3 bags, 6 scoops each) 510

Dry Roasted Cashews
 4 oz per day, 3 days

2,279

2,685

Grams Pounds

Total	10,324	22.74
less items worn & carried	(1,406)	(3.10)
= Pack Weight Start Day 1	8,918	19.64
= Pack Weight Start Day 2	7,525	16.58
= Pack Weight Start Day 3	6,132	13.51
= Pack Weight Start Day 4	4,739	10.44
= Pack Weight Max No Food	3,558	7.84
Total less food/water = skin out	4,964	10.93