How to Get your Pack Under 20lbs! Shake Down

Sarphine System* 34.0	How to Get your Pack Under 2010s		Your Pack	Your Goals	Notes
Backpack (Granite Gear Crown 60) Accessory biner Moter bottle carrier Rain Protection* Rain Rain Rain Rain Rain Rain Rain Rain	Carrying System*	` ′	Tour Fuor	Tour Could	110100
Accessory Strapes Mater bottle carrier Mater bottle carrier Rain Protection* Pack cover (Sea to Summit - Small) 3.0 Waterproof stuff sack for sleeping bag 1.0 Raingear top 1.0.5 Raingear top 1.0.5 Raingear bottom 6.5 With Cottning stuff sack 1.0 Waterproof stuff sack for sleeping bag 1.0 Raingear bottom 6.5 With Cottning stuff sack 1.0 Waterproof stuff sack 1.0 Waterproof stuff sack 1.0 Waterproof stuff sack for sleeping bag 1.0 Raingear bottom 1.0 Raingear bottom 1.0 Raingear bottom 1.0 Waterproof stuff sack 1.0 Water reaction sack 1.0 Water sack sack bown Total 1.0 Water reaction sack 1.0 Waterproof sack 1.0 Waterp					
Accessory biner Water bottle carrier Rain Protection* Rain part of Summit - Small) Water bottle score (Sea to Summit - Small) Raingear bottom ### 10.5 Raingear top					
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Peack cover (Sea to Summit - Small) 3.0 Waterproof stuff sack for sleeping bag 1.0 Raingean top 10.5 10.5	Rain Protection*	21.5			
Waterproof stuff sack for sleeping bag					
Raingear top Raingear bottom Raingear Rainge	·				1
Raingear bottom Wig Clothing suff sack Unibrella (5oz) Shelter 63.0 Tent (Skyscrape Scout) Sleeping bag (Western Mountaineering Ultralight) Sleeping bag (Western Mountaineering Ultralight) Sleeping bag (Western Mountaineering Ultralight) Warmth 11.0 Warmth 16.8 Long sleeve lightweight shirt (Patagonia Capeline 2) 8.8 Base layer - bottoms 1.6 Warm gloves 1.6 Warm state 1.5 Clothing 9 Underwear 1.5 Short sleeve shirt 5.0 Shorts 4.9 Socks (2 pair) 3.6 Baserloot camp shoes 14.5 Cocking 13.7 Stove, fuel & screen 7.3 Pot with lid 4.8 Lighter 1.3 Ultrensils 0.3 Safety, Survival, Navigation* 7.5 First aid kit 3.1 Bilster wound care (Moleskin) Headlamp 2.5 GRS (Spid) Repair kit (duct tape) Heygene & Luxey* Goal > 6.5 Sopon Socker 1.5 Sopon Soc					1
Wigh Clothing stuff sack 0.5					1
Umbrella (Soz)					1
Shelter" 63.0 Tent (Skycrape Scout) 24.0					1
Sleeping bag (Western Mountaineering Ultralight) 28.0	Shelter*	63.0			
Sleeping bag (Western Mountaineering Ultralight) 28.0	Tent (Skyscrape Scout)				
Steeping pad (Thermarest close cell - Short)	· · · · · · · · · · · · · · · · · · ·				1
Warmth					1
Base layer - bottoms	Warmth*	16.8			
Base layer - bottoms					
Insulating top 4.8	Base layer - bottoms				1
Warm hat	Insulating top				1
Warm hat		1.6			1
Underwear 2.0 Short sleeve shirt 5.0 Shorts 4.9 Socks (2 pair) 3.6 Barefoot camp shoes 14.5 Cooking* 13.7 Stove, fuel & screen 7.3 Pot with lid 4.8 Lighter 1.3 Utensils 0.3 Safety, Survival, Navigation* 7.5 First aid kit 3.1 Bilster wound care (Moleskin) Headlamp 2.5 Knife 0.6 Map 0.2 Compass/thermometer 0.6 GPS (optional) Repair kit (duct tape) 0.5 Hygene & Luxery* Goal > 16.0 Lip balm (Blistex) 0.5 Towlel 1.5 Soap 0.5 Soap 0.5 Towlel 1.5 Soap 0.5 Soap 0.5 Towlel 1.5 Soap 0.5 Sour Screen ? Camera/Journal/Book/Other ? Hydration* 5.6 Water treatment (Sawyer) 3.0 Bottle/Blatter 2.6 Our Pack Shake Down Total 195.6 Our Pack Shake Down Total 195.6 Theaviest of light weight options total Water 1-2 Liters Carried per person (16oz each) "heaviest of light weight options total Water 1-2 Liters Carried per person (16oz each) Water 1-2 Liters Carried per person (16oz each)	Warm hat	1.5			1
Underwear 2.0 Short sleeve shirt 5.0 Shorts 4.9 Socks (2 pair) 3.6 Barefoot camp shoes 14.5 Cooking* 13.7 Stove, fuel & screen 7.3 Pot with lid 4.8 Lighter 1.3 Utensils 0.3 Safety, Survival, Navigation* 7.5 First aid kit 3.1 Bilster wound care (Moleskin) Headlamp 2.5 Knife 0.6 Map 0.2 Compass/thermometer 0.6 GPS (optional) Repair kit (duct tape) 0.5 Hygene & Luxery* Goal > 16.0 Lip balm (Blistex) 0.5 Towlel 1.5 Soap 0.5 Soap 0.5 Towlel 1.5 Soap 0.5 Soap 0.5 Towlel 1.5 Soap 0.5 Sour Screen ? Camera/Journal/Book/Other ? Hydration* 5.6 Water treatment (Sawyer) 3.0 Bottle/Blatter 2.6 Our Pack Shake Down Total 195.6 Our Pack Shake Down Total 195.6 Theaviest of light weight options total Water 1-2 Liters Carried per person (16oz each) "heaviest of light weight options total Water 1-2 Liters Carried per person (16oz each) Water 1-2 Liters Carried per person (16oz each)	Clothing*	30.0			
Shorts 4.9		2.0			
Socks (2 pair) 3.6 Barefoot camp shoes 14.5 Cooking* 13.7 Stove, fuel & screen 7.3 Pot with lid 4.8 Lighter 1.3 Utensilis 0.3 Safety, Survival, Navigation* 7.5 First aid kit 3.1 Blister wound care (Moleskin) Headlamp 2.5 Knife 0.6 Map 0.2 Compass/thermometer 0.6 GPS (optional) Repair kit (duct tape) 0.5 Hygene & Luxery* Goal >16.0 Lip balm (Blistex) 0.5 Toilet paper/Female Hygene 1.0 Towel 1.5 Soap 0.5 Toothbrush, Toothpaste 7 Sun Screen 7 Camera/Journal/Book/Other 7 Hydration* 5.6 Water treatment (Sawyer) 3.0 Bottle/Blatter 2.6 Ounces/16= Theaviest of light weight options total Water 1-2 Liters Carried per person (160z each)	Short sleeve shirt	5.0			1
Barefoot camp shoes	Shorts	4.9			1
Stove, fuel & screen 7.3	Socks (2 pair)	3.6			1
Stove, fuel & screen 7.3	Barefoot camp shoes	14.5			1
Pot with lid	Cooking*	13.7			
Lighter 1.3 Utensils 0.3 Safety, Survival, Navigation* 7.5 First aid kit 3.1 Blister wound care (Moleskin) ————————————————————————————————————	Stove, fuel & screen	7.3			
Utensils 0.3 Safety, Survival, Navigation* 7.5	Pot with lid	4.8			
Safety, Survival, Navigation* 7.5 First aid kit 3.1 Blister wound care (Moleskin) ————————————————————————————————————	Lighter	1.3			
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Blister wound care (Moleskin) Headlamp	Safety, Survival, Navigation*	7.5			
Headlamp	First aid kit	3.1			
Knife 0.6 Map 0.2 Compass/thermometer 0.6 GPS (optional)	Blister wound care (Moleskin)				
Map 0.2 Compass/thermometer 0.6 GPS (optional) 0.5 Repair kit (duct tape) 0.5 Hygene & Luxery* Goal >16.0 Lip balm (Blistex) 0.5 Toilet paper/Female Hygene 1.0 Towel 1.5 Soap 0.5 Toothbrush, Toothpaste ? Sun Screen ? Camera/Journal/Book/Other ? Hydration* 5.6 Water treatment (Sawyer) 3.0 Bottle/Blatter 2.6 Our Pack Shake Down Total 195.6 Ounces/16= 12lbs 3.6oz *heaviest of light weight options total Water 1-2 Liters Carried per person (16oz each)	Headlamp	2.5			1
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Hygene & Luxery* Goal >16.0 Lip balm (Blistex) 0.5 Toilet paper/Female Hygene 1.0 Towel 1.5 Soap 0.5 Toothbrush, Toothpaste ? Sun Screen ? Camera/Journal/Book/Other ? Hydration* 5.6 Water treatment (Sawyer) 3.0 Bottle/Blatter 2.6 Our Pack Shake Down Total 195.6 Ounces/16= 12lbs 3.6oz Water 1-2 Liters Carried per person (16oz each)	GPS (optional)				
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Toilet paper/Female Hygene 1.0 Towel 1.5 Soap 0.5 Toothbrush, Toothpaste ? Sun Screen ? Camera/Journal/Book/Other ? Hydration* 5.6 Water treatment (Sawyer) 3.0 Bottle/Blatter 2.6 Our Pack Shake Down Total 195.6 Ounces/16= 12lbs 3.6oz *heaviest of light weight options total Water 1-2 Liters Carried per person (16oz each)	Hygene & Luxery*	Goal >16.0			
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Soap	Toilet paper/Female Hygene	1.0			
Toothbrush, Toothpaste	Towel	1.5			
Sun Screen	Soap	0.5			
Camera/Journal/Book/Other ? Hydration* 5.6 Water treatment (Sawyer) 3.0 Bottle/Blatter 2.6 Our Pack Shake Down Total 195.6 Ounces/16= 12lbs 3.6oz *heaviest of light weight options total Water 1-2 Liters Carried per person (16oz each)	Toothbrush, Toothpaste				
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Water treatment (Sawyer) Bottle/Blatter 2.6 Our Pack Shake Down Total Ounces/16= 12lbs 3.6oz *heaviest of light weight options total Water 1-2 Liters Carried per person (16oz each)	Camera/Journal/Book/Other				
Bottle/Blatter 2.6 Our Pack Shake Down Total 195.6 Ounces/16= 12lbs 3.6oz *heaviest of light weight options total Water 1-2 Liters Carried per person (16oz each)	Hydration*	5.6			
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*heaviest of light weight options total Water 1-2 Liters Carried per person (16oz each)	Bottle/Blatter	2.6			_
*heaviest of light weight options total Water 1-2 Liters Carried per person (16oz each)	Our Pack Shake Down Total				
Water 1-2 Liters Carried per person (16oz each)	Ounces/16=	12lbs 3.6oz			
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Food (average) 10oz per person per day	Water 1-2 Liters Carried per person (16oz each)				
	Food (average) 10oz per person per day				