

# How to Get your Pack Under 20lbs! Shake Down

	Our Pack (oz.)	Your Pack	Your Goals	Notes
<b>Carrying System*</b>	34.0			
Backpack (Granite Gear Crown 60)	34.0			
Accessory Straps				
Accessory biner				
Water bottle carrier				
<b>Rain Protection*</b>	21.5			
Pack cover (Sea to Summit - Small)	3.0			
Waterproof stuff sack for sleeping bag	1.0			
Raingear top	10.5			
Raingear bottom	6.5			
Wtp Clothing stuff sack	0.5			
Umbrella (5oz)				
<b>Shelter*</b>	63.0			
Tent (Skyscape Scout)	24.0			
Sleeping bag (Western Mountaineering Ultralight)	28.0			
Sleeping pad (Thermarest close cell - Short)	11.0			
<b>Warmth*</b>	16.8			
Long sleeve lightweight shirt (Patagonia Capeline 2)	4.8			
Base layer - bottoms	4.1			
Insulating top	4.8			
Warm gloves	1.6			
Warm hat	1.5			
<b>Clothing*</b>	30.0			
Underwear	2.0			
Short sleeve shirt	5.0			
Shorts	4.9			
Socks (2 pair)	3.6			
Barefoot camp shoes	14.5			
<b>Cooking*</b>	13.7			
Stove, fuel & screen	7.3			
Pot with lid	4.8			
Lighter	1.3			
Utensils	0.3			
<b>Safety, Survival, Navigation*</b>	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			
<b>Hygiene &amp; Luxery*</b>	Goal >16.0			
Lip balm (Blistex)	0.5			
Toilet paper/Female Hygiene	1.0			
Towel	1.5			
Soap	0.5			
Toothbrush, Toothpaste	?			
Sun Screen	?			
Camera/Journal/Book/Other	?			
<b>Hydration*</b>	5.6			
Water treatment (Sawyer)	3.0			
Bottle/Blatter	2.6			
<b>Our Pack Shake Down Total</b>	<b>195.6</b>			
	Ounces/16=	<b>12lbs 3.6oz</b>		
*heaviest of light weight options total				
<b>Water</b> 1-2 Liters Carried per person (16oz each)				
<b>Food (average)</b> 10oz per person per day				