

Various Equipment (Calc. Fields in Red) (Waist Pack/Center Pack/Main Pack)->	Compart.	Oz. Pack	Tot Lbs	Pack % Body Weight
3 aaa battery - 1.3 in cache		0	Pack/fd/h20	ideal = < 25%
4 AA battery		3.68	25.61	16.00%
			...wearing	
<input type="checkbox"/> Camera: Canon a710 w 2 aa batteries (9 oz)	WP	9	3.31	
<input type="checkbox"/> Compass	WP	1	Base pack	
<input type="checkbox"/> GPS w/ 2 aa batteries (7.6 oz)	WP	7.6	weight	
<input type="checkbox"/> Map (topo in ziplock)	WP	0.1	18.79	
<input type="checkbox"/> Money 20\$ bill (in first aid kit)	1st		Oz. Wear	
<input type="checkbox"/> Paper/Pen: Waterproof	WP	4		
<input type="checkbox"/> Photo ID (in first aid kit)	1st			
<input type="checkbox"/> Phone (cell 2.9 oz /battery .53 oz. /charger)	WP	4.43		
<input type="checkbox"/> Spot Tracker	MC	7.25		
<input type="checkbox"/> Sunglasses	WP	2		
<input type="checkbox"/> Glasses & Case (used with sunglasses alternately)	WP	4		
<input type="checkbox"/> Waist Pack (Kelty Coyote Backpack Top)	Wear		4	
<input type="checkbox"/> Watch alarm	Wear		0.5	
<input type="checkbox"/> First-aid kit w/lightweight pill container GOAL 1 lb.	CP	22.8		
<input type="checkbox"/> Alcohol hand gel	WP			
<input type="checkbox"/> Alcohol pads				
<input type="checkbox"/> Bandages: Large and waterproof for blisters.				
<input type="checkbox"/> Benadryl				
<input type="checkbox"/> Body Glide (shaffing)				
<input type="checkbox"/> Bottle 'o Pills: Vanquish, advil, claritin 24, fx, imodium, gas-x, vl, Debacterol, head-on, Malt-x migraine (pills in pl bag inside pl scrip bottle)				
<input type="checkbox"/> Bug Repellant (bye bye black fly)	WP			
<input type="checkbox"/> Bug Repellant with deet for pants	WP			
<input type="checkbox"/> Defogger	WP			
<input type="checkbox"/> Deodorant (use alcohol)				
<input type="checkbox"/> Lip Balm: for lips & for water filter o ring lubricant				
<input type="checkbox"/> Matches (wind/rainproof)				
<input type="checkbox"/> Needle & heavy thread & tear repair tape				
<input type="checkbox"/> Neosporin				
<input type="checkbox"/> Nuskim/moleskin/				
<input type="checkbox"/> Nylon patching tape				
<input type="checkbox"/> Space Blanket				
<input type="checkbox"/> Sunscreen (in purell container) NO	WP			
<input type="checkbox"/> Toothbrush: Mini Brush with small tube toothpaste (drill handle)				
<input type="checkbox"/> Toiletries				
<input type="checkbox"/> Toilet Paper off roll	WP	0.5		1 every cache
<input type="checkbox"/> Q Tips (in first aid)	1st			
<input type="checkbox"/> CLOTHING				
<input type="checkbox"/> Gloves - Canari Static Gloves (2.4 oz)	MC	2.4		
<input type="checkbox"/> Gloves - Neoprene/fleece Gloves (3 oz)	MC	3		
<input type="checkbox"/> Hat: Beaked Cap	Wear		1.7	
<input type="checkbox"/> Hat: Fleece	MC	2		
<input type="checkbox"/> Jacket: Down or Northface Redpoint Optimus (23 oz) (Optional)	MC	23		
<input type="checkbox"/> Jacket: Rain EMS (12 oz.) or Int. Des eVent (9.5): use as rain/windstopper/warmth	CP	12		
<input type="checkbox"/> Pants: Rain (REI Elements side zip 13.8) or (Northface Venture 7.8 oz)	wear		13.8	just rain pants?
<input type="checkbox"/> Pants: Silk tights: wicking layer b/t rain pants 2 oz	Wear		2	
<input type="checkbox"/> Pants: Warmth layer - Bergelene OR (Polartech 14.3 oz)	MC	14.3		
<input type="checkbox"/> Electrical tape taped to bladder/Nylon pack tape	CP	1		
<input type="checkbox"/> Shoes: GoLite Trail Runners (Trail Fly)	MC		13	
<input type="checkbox"/> Socks (Wright) (wear 1, one drying after washing, 1 ready for next day: 3 tot)	MC	2	1	
<input type="checkbox"/> Socks (Smartwool) sleeping or very cold day	MC	3		
<input type="checkbox"/> Top: Northface Aurora top (8.5 oz)	MC	8.5		
<input type="checkbox"/> Top: Vaporwick or Titanium Shirt: 1 wet/1 dry alt. wicking layer and warmth (2 shirts)(6 oz. ea)	MC	6	6	or just 1
<input type="checkbox"/> Towel (SW): Keep between pad and back to absorb	MC	0.2		
<input type="checkbox"/> GEAR: All wrapped in 2 gallon plastic bags				
<input type="checkbox"/> Backpack Cover (8 oz.)	CP	8		
<input type="checkbox"/> Backpack-golite pinnacle (25 oz.)	NA	25		
<input type="checkbox"/> Backpack Liner (Construction Garbage Bag)	MC	1		
<input type="checkbox"/> Cooking: Cook pot (8 oz.)	MC	8		
<input type="checkbox"/> Cooking: Fuel 4 oz. (9 oz)	MC	9		1 every other
<input type="checkbox"/> Cooking: Spork Titanium (Brunton .6 oz)	MC	0.6		
<input type="checkbox"/> Cooking: Stove - MSR Pocket Rocket(3 oz.)	MC	3		
<input type="checkbox"/> Plastic Bags: 2 gallon extra	MC	0.4		
<input type="checkbox"/> Head net: no see-um(.7 oz)	WP	0.7		
<input type="checkbox"/> Headlamp Princeton Tec 2.9 oz with 3 aaa lith.	WP	2.9		

<input type="checkbox"/> Hiking poles	n/a		11
<input type="checkbox"/> Knife (Ultralite Al Mar Eagle 2.56 oz.)	Pak Strap	2.56	
<input type="checkbox"/> Sleep System: Bivy Sack Integral Designs eVent Crysallis (24 oz.)	MC	24	
<input type="checkbox"/> Sleep System: Camping stakes: use broken branches on site	MC	0	
<input type="checkbox"/> Sleep System: Fleece Blanket in lieu of sleeping bag	MC	10	
<input type="checkbox"/> Sleep System: Sleeping pad (1/2 sized=6.2 oz) to use as support in backpack and for sleep.	MC	6.2	
<input type="checkbox"/> Sleep System: Tarp: Int Des SilTarp 7oz and 4 10' lengths of 3/16 shockcord	MC	7	
<input type="checkbox"/> Plastic quick Ties	OUTSIDE	0.5	
<input type="checkbox"/> Twine NO	n/a	0	
<input type="checkbox"/> Water: Bladder: 2 (2 liter) carry 1 liter (4 oz.)	MC	4	
<input type="checkbox"/> Water: Bottle (Platypus bottle...1 liter)	CP	3	
<input type="checkbox"/> Water: MSR Hyperflow Microfilter (7.6 oz)	MC	7.6	
<input type="checkbox"/> Water: Purification (Aquamira) Tablets 12 Pack .4 oz/pack 8\$	CP	0.4	
<input type="checkbox"/> FOOD: Goal 1.5 lbs. day *2			Day Food 1 in 4th
<input type="checkbox"/> Bear Canister 1/2 size (2 lbs.1 oz.)	MC	33	Weight lbs.
<input type="checkbox"/> FOOD: Goal 1.5 lbs. day *2		75.06	2.345625
<input type="checkbox"/> Water (1 liters) (34 oz. liter)		34	
<input type="checkbox"/> Breakfast: Oatmeal w/milk package		4	
<input type="checkbox"/> Breakfast: Poptarts			...
<input type="checkbox"/> Breakfast: Scrambled Eggs/Bacon 4.5		4.5	
<input type="checkbox"/> Dinner: 2 serving dinner chicken w/rice 6.38 oz.		6.5	
<input type="checkbox"/> Dinner: Lasanga Dinner 2 serve 4.8 oz.			
<input type="checkbox"/> Dinner: Mac/Cheese 6.81 oz.			
<input type="checkbox"/> Dinner: Noodles/Chicken 4.73			
<input type="checkbox"/> Dinner: Vegetable Stew/beef			
<input type="checkbox"/> Lunch: MRE Cheese Omlett, Chicken Fajita, Vegi manicotti, Chicken Dumplings		8	
<input type="checkbox"/> Fruit in bags YES			...
<input type="checkbox"/> Gorp YES		3	
<input type="checkbox"/> Power Bar Nut Naturals		1.58	...
<input type="checkbox"/> Crank e-gel YES		1.9	
<input type="checkbox"/> Olive oil (extra virgin) (put 2 fl oz/dayin plastic bottle) YES		1.8	
<input type="checkbox"/> Big Bar YES			...
<input type="checkbox"/> Powdered Humus ????????		1.5	
<input type="checkbox"/> Nature's Path Optimum Energy bar YES		2	
<input type="checkbox"/> Prozone Powder (3 tbs. 1.5 oz.) YES		1.5	
<input type="checkbox"/> Sunflower seeds & walnuts salted 1/2 cup YES		1.25	
<input type="checkbox"/> Tuna in oil pouch			...