

# Phil Hiking Items - Spring OverNight

	Needs Replacing		New Items		
	Overland Track Gear 2009		Current Gear 2011		
Clothing Worn While Hiking	Brand/Model	Qty	Grams	Alternative	Grams
Hiking shirt	Icebreaker Merino GT150	1	150	Icebreaker Merino GT150	150
Hiking shorts	Macpac quick dry	1	182	Macpac quick dry	182
Hiking socks	Icebreaker Merino Hiker Lite	1	72	Icebreaker Merino Hiker Lite	72
Underwear	Ex-officio	1	64	Ex-officio	64
Hiking Boot	Meindl	1	1800	Montrail Masochist gtx	720
Gaiters	Sea to Summit Quagmire	1	364	Sea to Summit Quagmire	364
watch	suunto	1	50	suunto	50
	Total		2682		1602

Other Items Worn or Carried	Brand/Model	Qty	Grams	Alternative	Grams
Fleece Jacket	Mountain Hardwear	1	330	Mountain Hardwear	330
Insulating top	Icebreaker Merino 200	1	200	Icebreaker Merino 200	200
Insulating bottoms	Polypro thermal	1	180	Polypro thermal	180
Rain Jacket	GoLite Phantsam	1	310	GoLite Phantsam	310
Rain pants	GoLite Reed	1	150	MD softshell (repells water)	354
Hiking Pants	Mont quick dry	1	270	No trousers	0
Beanie	Icebreaker Merino 200	1	122	Icebreaker Merino 200	122
Sun hat	wide brim	1	85	wide brim	85
Extra Shirt	Icebreaker Merino GT150	1	150	No Extra Shirt	0
Extra socks	icebreaker hiker lite	1	72	icebreaker hiker lite	72
Extra underwear	ex-officio	1	64	ex-officio	64
Gloves	wool blend	1	39	No Gloves	0
Total			1972	Total	1717

Pack/Shelter/Sleep System	Brand/Model	Qty	Grams	Alternative	Grams
2 Man Tent	Hilleberg Nallo 2	1	2400	Terra Nova Laser Comp 1	950
Sleeping Bag	Macpac 500	1	1300	WM Highlite Sleeping Bag: 2	455
Sleeping Mat	blue foam pad	1	150	blue foam pad	150
Backpack	Macpac Ascent	1	1750	Osprey Exos 34	960
Pack liner - Medium (50L-70L)	Ultra Sil Sea to Summit	1	98	Ultra Sil Sea to Summit	98
Pack Cover	Ultra Sil Sea to Summit	1	45	Ultra Sil Sea to Summit	45
Total			5743		2658

Cooking and Water	Brand/Model	Qty	Grams	Alternative	Grams
Stove	Crux Lite	1	72	Crux Lite	72
Pot	Backcountry750ml Titanium Pot	1	105	Backcountry750ml Titanium Pot	105
Fuel - 110g canisters	Butane/isopropane	2	300	Butane/isopropane	150
Utensil	Spork	1	8	Spork	8
Water Bottle	2L Platypus	1	24	2L Platypus	24
Food Storage	zip lock bag	6	0.5	zip lock bag	0.5
Total			509.5		359.5

Other Essentials	Brand/Model	Qty	Grams	Alternative	Grams
Headlamp	Petzl Tikka 2 plus - 60lumens	1	60	Black Diamond Ion	29
Map	Map/compass	1	140	Map/compass	140
Camera	Canon Ixus	1	144	Canon Ixus	144

Spare batteries		1	48	Spare batteries	48
Knife	Swiss Army	1	100	Knife	100
lighter		1	18	lighter	18
Bug protection		1	70	Bug protection	70
Tooth Brush/Paste		1	148	Tooth Brush/Paste	58
Personal hygiene - hand gel	Purell alcohol gel	1	65	Personal hygiene-hand gel	30
shaving oil		1	16	shaving oil	0
Mirror		1	50	Mirror	50
ear plugs		1	4	ear plugs	4
Sunscreen		1	0	Sunscreen	16
Rescue Beacon		1	290	Rescue Beacon	290
trowel	Montbell	1	36	Montbell trowel	36
First Aid Kit	Band-aids, Moleskin, Bandages...e	1	305	First Aid Kit	120
Towel	Sea to Summit Tek Towel		138	Zpack Lightload Pack Towel	14
<b>Total</b>			<b>1632</b>		<b>1167</b>

Consumables (6-Day Trip)	Brand/Model	Qty	Grams	Alternative to get	Grams
Food	6 long days		2500	2 days food	410
Water	average carried - 70oz (2L)		1500	Water carried	1500
Water treatment	none		0	none	0
Toilet paper	none		200	Toilet paper	80
<b>Total</b>			<b>4200</b>		<b>1990</b>

<b>Bag Base weight - no food/worn clothing</b>	<b>9856.5</b>	<b>5901.5</b>
<b>Bag weight with Hiking Food - no worn clothing</b>	<b>14056.5</b>	<b>7891.5</b>
<b>Complete Total with food/worn clothing</b>	<b>16738.5</b>	<b>9493.5</b>