

Dzjow's 201306 TMB

			WEIGHT PER ITEM	NUMBER	TOTAL WEIGHT	REMARK
WORN ITEMS	Backpack	Golite Jam			3371	
	WP liner	Garbage bag			835	
	Headwear	Cap			22	
	Base layer	Icebreaker t-shirt			70	
	Base layer	Ibex hooded Indie			194	Always worn
	Wind shell	Quechua Helium wind jacket			295	Worn over t-shirt on colder days
	Underpants	Icebreaker Merino boxer			109	
	Pants	Jack Wolfskin zip pants (don't know exact name)			105	
	Socks	Smartwool hike light crew			378	Like to wear them as three quarter pants
	WPB socks	Rocky Goretex socks			74	
	Shoes	Inov8 Rocklite 315			90	Worn during rain and long stretches on snow
	Gaiters	ID Event Shortie Gaiters			605	Perfect shoes for the trail
	Watch	Suunto Core			65	Worn during long stretches on snow
	Sunglasses	Cat 4 sunglasses			36	
	Hiking poles	Fizan Everest with MYOG wrist straps			428	
SHELTER	Groundsheet	Garbage bag			563	
	Bivy bag	MLD Soul Bivy			22	
	Tarp	MLD Grace Solo Spinnex .97			248	
	Stakes	165mm titanium stake	8	6	223	
	Stakes	130mm carbon nail stake	3	2	50	
	Stuff sack stakes	MYOG tyvek			7	
	Stuff sack tarp & bivy				1	
SLEEPING	Sleeping mat	Thermarest Ridgerest Solite 3/4			827	
	Sleeping bag	Cumulus Quilt 350			235	
COOKING AND WATER					592	
	Cooking pot	Evernew Titanium pot 0.9L			284	
	Windscreen	MYOG titanium foil			112	
	Stove	Esbit holder (MYOG from titanium sheet)			16	
	Fuel	Esbit tabs		5	1	
	Fire	Mini bic			60	Only burnt 2 tabs
	Fire backup	Light my fire Mini Firesteel and dryer lint			13	
	Utensils	Titanium long handle			22	
	Knife	Spiderco Bug			14	
	Water bottle	Platypus platy bottle			10	
	Water treatment	Micropur Forte in safran jar			30	
Stuff sack	Mini ziploc			1	Not used	
				5		
ESSENTIALS					1738	
	Toothbrush				4	
	Toothpaste				12	
	Sunscreen	Sunscreen in small tube			69	Used a lot of sunscreen
	Sunglasses case	MYOG from plastic bottle			17	
	Contact lenses	Contact lenses and storage			6	
	Contact lenses liquid	Liquid in small bottle			25	
	Desinfection	Blephadosis wipes		5	5	
	EHBO	Plasters, bandages, medicines, tick remover... in ziploc bag			40	Not used
	Emergency device	Delorme Inreach			232	
	Communication	Cell phone			66	
	Maps	Topo maps in ziploc bag			279	
	Wallet	Mini Aloksak with ID, cash, VISA			19	
	Headlight	Petzl Elite			29	
	Repair kit	Needle & thread, tape			15	Not used
	Stuff sack	Ziploc bag	5	3	15	
	Ice axe	Camp Corsa			231	Used at Fenêtre d'Arpette, elsewhere no necessity
	Crampons	Kathoola KTS Steel			651	Used in the soft snow though was not a necessity
	Storage bag crampons	Thick polyester stuff sack			23	
CLOTHING IN PACK					1025	
	Insulating pants	Odlo long underwear warm			194	Too warm to sleep with them
	Shell jacket	RAB eVent Demand Pull-On			315	Worn during rainy days
	Insulating jacket	PHD Minimus Hooded Down Pullover			318	Worn at camp
	Spare socks	Smartwool hike light crew			74	Never used
	Sleep socks	Thin polyester liner socks			30	
	Gloves	Buffalo mitts			82	Worn during rainy days
Stuff sack	Plastic bag			12		
PHOTOGRAPHY					2848	
	Camera bag	Ortlieb Aqua cam			379	
	Camera	EM-5, E-PM1 with 9-18mm, 45mm, 75-300mm and accessories			1854	
	Tripod	Vanguard Nivelio			615	
FOOD					1160	
	Breakfast meal	Mueslimix with dried fruits	200	2	400	Bought other food on the trail
	Lunch meal	Fruit leather	180	2	360	Bought other food on the trail
	Dinner meal	Dehydrated meal	200	2	400	Bought other food on the trail
TOTAL					11816	
TOTAL HIKING BASE WEIGHT					7285	