

**ULTRA LIGHT BACK PACKING LIST**

Original Outing Presented by Sierra Club, 2005

This Presentation by Ken Deveney, RGSC - March 2, 2006

**IN PACK**

sleeping bag	5 lb			
therm-a-rest pad	1 lb 9 oz			
water	1 lb			
bowl,cup,spoon	8 oz			
2 prs socks	}			
2 pr underwear	}			
1 pr long underwear	} 3 lb +			
5 shirts	}			
windbreaker	}			
hat/gloves/neckerchief	}			
soap,toothbrush, paste	}			
towel, TP, insect	}			
repellant, sunscreen,	} 1 lb.			
flashlight, vitamins,	}			
aspirin	}			
space blanket, matches	}			
penknife, whistle	} 12 oz			
<b>Subtotal</b>	<b>12 lb 13 oz</b>			
Vapor Trail pack	1 lb 14 oz			
Hubba tent (1 person)	3 lb			
Pocket Rocket stove	3 oz			
fuel can (full)	8 oz			
aluminum pots	?			
Food (3 days)	3 lb 13 oz			
<b>TOTAL</b>	<b>22 lb 3 oz</b>			
<b>Actual pack weight</b>	<b>22 lbs</b>			
<b>On My Body</b>				
poles	8 oz			
boots	3 lb			
socks, shirt, pants	}			
underwear, hat, watch	} 4 lb 8 oz			
camera and film	6 lb			
<b>TOTAL</b>	<b>14 lb</b>			

Ultra light Backpack Meals (3 day hike)					
Vegetarian					
		Wt. (oz)	Wt. (oz.)	Quantity	Comments
<b>Breakfast</b>	Museli	8.4	8.4	2/3 cup x 3	for 3 days
	Milk (powdered)	3.8	3.8	1 qt pkg	for 3 days
	cranberries (dried)	3.1	3.1	1/2 cup	for 3 days
	hot cocoa	1.1	1.1	per pack	
	coffee	0.3	0.3	3 tsps	weight with ziplock
	tea	0.3	0.3	3 bags	
	sugar	0.4	0.4	3 packs	
	splenda	0.1	0.1	3 packs	
<b>Lunch</b>	Ak-Mak crackers	2.7	2.7	3 sheets	for 3 days
<b>&amp; Snacks</b>	cheese	1.8	1.8	2 small pkgs	BabyBel (in wax) works well
	cheese		2.5		Asiago cheese for vegetarians.
	jerkey	2.5			for non-vegetarians - it works
	power bar	4	4		Bear Valley Pennican bar
	Gateraid (powder)	6.7	6.7	3 qts +	heavy, but worth it
	trail mix	5.6	5.6	1 cup	also heavy but nice to have
	chocolate bar	1.6	1.6	1 small	good for everyone
	fruit leathers	1.1	1.1	2 packages	no sugar, only 45 cal per
<b>Dinner</b>	Pad Thai		9.3		vegetarian-serves 2 (shared meal)
	Pasta Veg Parmesan		7		vegetarian-serves 2 (shared meal)
	spaghetti & sauce		5.6		vegetarian-serves 2 (shared meal)
	stew with beef	4.3			serves 2 (shared meal)
	rice with chicken	5.6			serves 2 (shared meal)
	stroganoff w/beef	6.2			serves 2 (shared meal)
	ramen	3.1	3.1	per package	serves 2 (shared meal)
	soup (knorr)	4.4	4.4	2 packages	serves 2 or 3 (shared meal)
					<i>(shared=we cooked in pairs)</i>
		17.5	17.5		weight for breakfast
		26	26		weight for breakfast and lunch
		11.8	14.7		weight for dinner
		55.3	58.2		total weight in oz.
		1.152	1.213		<b>Weight per day in pounds</b>
<b>Misc.</b>	sponge/soap				2.1 oz
	TP				3.2 oz per roll/take what you need
	bear canister				44.1 oz (2.78 lbs)
	canister carry cover				3.6 oz
The above menu attempts to hold the weight to 1 lb per day and still provide the nutrition necessary for a "moderate" hike with a light weight pack.					
All dinner meals are products of Backpacker's Pantry. There are a number of companies that product excellent lightweight foods. I selected Backpacker's because I'm most familiar with their products.					