

## West Highland Way - 2016

Shelter	Item	lbs.	oz.	Spring	Summer	Fall	Winter	Pre- comments	Post- comments
<b>Tent</b>	Duoimd w/ innernet, trail weight	2	0.85	x	x	x			
Sleep	Item	lbs.	oz.	Spring	Summer	Fall	Winter	Pre- comments	Post- comments
<b>Quilt</b>	Sierra Designs Backcountry Quilt 800	1	8.80	x	x	x		listed as 2-season, good for me for 3 seasons	
<b>Sleeping pad</b>	Exped Synmed Hyperlite - trail weight	0	13.80	x	x	x	x		
<b>Socks</b>	REI Merino wool (1 pr)	0	3.40						
<b>Bag</b>	MLD cuben fiber - large drybag	0	1.20						
Clothing	Item	lbs.	oz.	Spring	Summer	Fall	Winter	Pre- comments	Post- comments
<b>Base</b>	s/s shirt - SD Pack Polo	0	6.3	x	x	x			
	l/s shirt - Icebreaker Sphere Hoodie	0	8.3	x	x	x		merino wool	
	shorts - Salomon Float	0	5.15	x	x	x			
<b>Underwear</b>	Ex Officio Give-N-Go boxers	0	3.65	x	x	x	x		
<b>Shell</b>	jacket - North Face TKA 100 glacier quarter-zip	0	8.05						
<b>Shoes</b>	trekking - La Sportiva Bushido	1	8.1	x	x	x			
<b>Socks</b>	Darn Tough Vermont (2 pr)	0	4.5	x	x	x			
<b>Gaiters</b>	Dirty Girlz	0	1.2	x	x	x			
<b>Rain</b>	coat - Sierra Designs UL Trench	0	11.1						
	chaps - MLD Silnylon	0	2.4						
<b>Warmth</b>	jacket - SD DriDown Hoodie	0	12.15	x	x	x	x		
<b>Bug</b>	shirt - Ex Officio Halo	0	7.85	x	x	x		treated with permethryn	
	pants - Columbia Royce Peak	0	12.5	x	x	x	x	treated with permethryn	
	headnet - MLD in storage bag	0	0.85						
<b>Hat</b>	sun - North Face Sahara	0	2.8						
<b>Bag</b>	MLD cuben fiber - large drybag	0	1.20						
Hydration	Item	lbs.	oz.	Spring	Summer	Fall	Winter	Pre- comments	Post- comments
<b>Water</b>	Platypus, 2l soft bottle w/ hydration	0	4	x	x	x	x	empty	
	Nalgene, 16 oz hard side (2)	0	4.9	x	x	x	x	empty	
Other equipment	Item	lbs.	oz.	Spring	Summer	Fall	Winter	Pre- comments	Post- comments
<b>Poles</b>	Pacerpoles - alloy w/ overmitts	1	13.85						
<b>Knife</b>	Victorinox Classic SD Swiss Army	0	0.75	x	x	x	x		
<b>Light</b>	Petzl e-lite	0	0.9	x	x	x	x		
Food	Item	lbs.	oz.	Spring	Summer	Fall	Winter	Pre- comments	Post- comments
<b>Bag 1</b>	Loksak Opsak, 12"x19.75"	2	12.65					7 shortbread, 7 jerky, 7 Fritos	
<b>Bag 2</b>	Loksak Opsak, 12"x19.75"	4	12.85					6 drammach, 6 dinner	
Hygiene/med/repair	Item	lbs.	oz.	Spring	Summer	Fall	Winter	Pre- comments	Post- comments
<b>First Aid</b>	Purell	0	0						
	Leukotape - 8 patches	0	0						
	Tincture of benzoin	0	0						
	Band-aid - 4	0	0						
	Triple antibiotic ointment	0	0						
	Ibuprofen - 6 doses	0	0						
	Immodium - 6 doses	0	0						
	Sunscreen - 35 spf	0	0						
	Foot balm - ClimbOn	0	0						
	Insect repellent	0	0						
<b>Hygiene</b>	Toothbrush	0	0						

	Floss	0	0							
	Soap - Dr. Bronner's	0	0							
Misc	Victorinox Classic SD Swiss Army	0	0	x	x	x	x			
	Petzl e*lite	0	0	x	x	x	x			
	Aquamira	0	0							
	Duct tape - small roll	0	0							
Contacts	Lenses	0	0							
	case	0	0							
	protein remover	0	0							
	storage solution	0	0							
	rewetting	0	0							
<b>Total weight-kit</b>		1	3							
<b>Toiletries</b>	<b>Item</b>	<b>lbs.</b>	<b>oz.</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>	<b>Winter</b>	<b>Pre- comments</b>	<b>Post- comments</b>	
	Trowel	0	0.6							
Camp towel	Camp towel - 21x12	0	1.5							
	Toilet Paper - 4 sheets/day	0	0.2							
Bag	MLD of stuff sack - small	0	0.2							
<b>Optics</b>	<b>Item</b>	<b>lbs.</b>	<b>oz.</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>	<b>Winter</b>	<b>Pre- comments</b>	<b>Post- comments</b>	
Eye-glasses	prescription, Flexon	0	0.6							
	case and cleaning cloth	0	3.25							
Sunglasses	Peppers Barricade	0	0.8							
<b>Navigation</b>	<b>Item</b>	<b>lbs.</b>	<b>oz.</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>	<b>Winter</b>	<b>Pre- comments</b>	<b>Post- comments</b>	
Maps	Paper in 1-gal ziploc (2) w/ pen	0	5.9						includes topos, gear list, and itinerary	
GPS	Delorme inReach Explorer	0	6.85							
<b>Pack</b>	<b>Item</b>	<b>lbs.</b>	<b>oz.</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>	<b>Winter</b>	<b>Pre- comments</b>	<b>Post- comments</b>	
Backpack	MLD Prophet w stow pockets (4) and UL lid	1	8.05	x	x	x	x			
<b>Media</b>	<b>Item</b>	<b>lbs.</b>	<b>oz.</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>	<b>Winter</b>	<b>Pre- comments</b>	<b>Post- comments</b>	
Camera	Canon EOS Rebel SL1	0	14.85						incl battery, no strap	
	lens - EF-S 24mm f/2.8 STM fixed	0	6.45						incl. lens covers, cordura bag	
Bag	Aquapac - large with harness	0	10.2						waterproof dry bag	
External mic	Canon DM-E1	0	4.1						with cord and windscreen	
Batteries	back-up for Canon Rebel SL1	0	6.4							
Memory	8 cards in case	0	1.5							
Tripod	Pedco Ultrapod #2	0	4.25							
<b>Miscellaneous</b>	<b>Item</b>	<b>lbs.</b>	<b>oz.</b>	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>	<b>Winter</b>	<b>Pre- comments</b>	<b>Post- comments</b>	
	Wallet	0	2.3						includes usual	
Bag	MLD drybag - small	0	0.4							
Watch	Timex Expedition	0	2.2							
<b>Total:</b>		<b>26 lbs</b>	<b>4.35 oz</b>							