

Item		Gramm
Sleeping bag	ZPacks 20F Wide Width Sleeping Bag, Long (1,85m)	600
Tent, Tent Stakes, Tent bag	Zpacks Solplex Tent, Camo	550
Sleeping pad + bag	Exped SynMat Hyperlite M	387
Dry bag (doubles as pump bag for sleeping pad)	Exped Schnozzel Pumpbag UL M	63
Pack	Gregory Deva 60l	2000
Thin insulation pad	<i>Mainly used for exercises for my back issues</i>	71
	Total weight shelter	3671
1 pair of sandals	Bedrock Sandals	226
1 pair of socks	Wrightsocks	45
1 shorts	Prana shorts	108
1 rain trousers		253
1 leggings	(sleeping gear / cold weather)	130
2 underpants		56
1 bra		50
1 t-shirt	(sleeping gear)	122
1 warm layer	Arc'teryx Atom LT jacket	295
1 rain jacket	Arc'teryx Alpha AR Jacket	397
1 buff (doubles as hat)		37
1 scarf		27
1 pair of gloves		74
	Total clothing to carry	1820
Waterproof bag		75
Smartphone with case		130
Kindle with DIY case		215
Camera + 2nd battery + SD cards + case		584
Sunglasses with case		34
Pen		9
Adaptor + charging unit for all gear		156
iPod		27
	Total weight luxury items	1230
Small freezer bag		10
Towel		30
Soap		50
Toothbrush, toothpaste, floss		82
sunscreen		69
hairclips		9
scissors, tweezers		27
1/2 buff serving as handkerchief		8
comb		5
sponge		3
deodorant		80
Bag with toilet paper, wet tissues, pee rag, trowel (90g)		160
	Total weight cosmetic items	533
Pain and anti-inflammation pills		
Tape, patches, disinfection pads		
eye drops		
safety pin		
Sleeping pad repair kit		
Tent repair kit		
ointment		
	Total weight medical & repair items	158

Small knife		17
waterfilter	Sawyer Squeeze + Squeeze Bag	160
drinking system	Source 3L	188
Stove	Coleman F1 Lite	74
Lighter		30
Pot	Snowpeak Mini Solo Cook Set Titan: Pot: 82g / 830 ml ; Lid: 20g; C	145
Windscreen	Vari-Vent Trail Designs	48
Spork	Snowpeak Spork titan purple, 162mm length	15
Sponge for cleaning		5
Pot cozy	DIY	15
gas canister	buy in NZ	230
	Total weight cooking & drinking	927

BASE WEIGHT BACKPACK 8339

Food:		
Food about 800g per day / 5days average		4000
Water about 2l		2000
Bottles & plastic bags for food storage		100
Sea-to-Summit bag as food bag		23
	WEIGHT BACKPACK GEAR + CONSUMABLES	15114

Worn gear:		
Hiking sticks	Leki	590
Trail running shoes	Altra Lone Peak	524
Gaitors	Dirty Girl	30
1 pairs of socks	Injinji toe socks	41
1 running tights		200
1 sports bra	Odlo	64
1 underpants		12
1 shirt		69
1 long sleeve shirt		130
	TOTAL WORN GEAR	1660