

Julie and Simon's GDT Pack Weight Breakdown (base & carry)



Food Prep System	Weight (in gr)	Clothes - In Pack (each)	Weight (in gr)	Accessories	Weight (in gr)	First Aid Kit	Weight (in gr)
Stove & wind break	375	Socks & Undies & Bra- 2/3 pairs	1950	Navigation		Kenisio Tape 1 strip	10
Canister (1/cache)	375	Nighttime top- base layer		Phone App		2 Alcohol wipes	1
Lighter	30	Nighttime Bottom- base layer		Compass and maps	5	Sterile gauze 1m	6
Cook Pot and Lid	355	Camp sandals-Teva		SPOT beacon	125	Adhesive tape 0.5 m	10
Insulated cup (EA)	195	Warm layer 1-fleece sweater		Repair Kit		Band-aids 5 various sizes	10
Spoon (EA)	8	Warm layer 2-puffy coat		Duct Tape & cord	75	5 Steri-Strips	2
9-11L Stuff Sack (EA)	260	Warm hat & Sun Hat		Patch kit	6	Tweezers & nail clippers	22
Hydration System		Gloves/mitts		Scissors& knife	65	Polysporin 8ml	12
3L bladder/ 2L Bladder (each)	225	Sunglasses		Sewing kit	2	Acetaminophen 10 tablets	17
SteriPEN/charge cord	98	Wind/Rain jacket & pants		Electronics (EACH)		After bite ointment	16
Pre-filter/handkerchief		Muff	Phone	175	Bear spray (2)	335	
Shelter System		Mosquito hood	Charger cable	15	Emergency foil blanket		
Tent	795	Clothes - Wearing (each)	Batery pack	425	Toiletries		
Stakes (10)		Daytime Top- base layer	Illumination (EACH)		Toothbrush travel sz (EA)	15	
		Daytime Bottom- base layer	Headlamp & Charger	110	Toothpaste tabs (EA)	10	
Sleep system (EACH)		HOKA Ten-Nine	Misc.		Sunscreen roll-on	27	
Pillow	62	Hicking Poles	Knife	75	Dry camp soap	80	
Sea to Summit pad	400	Daytime hikers-Hoka ten-nine	DL & Medical card & CC (EA)	15	Bandana (EA)	5	
MEC Sleeping bag	810		NP & PP passes (EA)	350	Camp towel (EA)	50	
Backpack System			BC permits for each night		Toilet rags and pee rag (EA)	25	
Osprey EJA 48L	655		Pen	20	Trowel	15	
Osprey Exos 48L	655		Deck of cards	96	Hand sanitizer gel	60	
Dry bag (EA)	70		Cash for CBP	5			

Base and Carry Weight	(kilos)	Wet Items (each)	(kilos)	4 Day Carry Weight	kilos	lbs
Total Base Weight (for two)	15.46					
Simon's Base Weight	8.50	2L water	2	14.90		32.86
Julie's Base Weight	6.96	4 days of food	4	12.96		28.57