

Fundy Footpath (September 2007)

Totals	Base	Consume	Full Pack	+ Wear	Skin Out
Pounds	4.74 lb	5.03 lb	9.76 lb	3.34 lb	13.1 lb

The Big Three (pack, sleep, shelter)

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)
p	Pack	Gossamer Gear G6 Whipser	126	4.44	4.44	
p	Pack	Gossamer Gear Pack Liner	38	1.34	1.34	
p	Pad	Thermarest ProLite 3 (Short)	381	13.44	13.44	
p	Sleep	Gossamer Gear Polycryo Ground Cloth	38	1.34	1.34	
p	Shelter	SpinnShelter (with guylines & clips)	275	9.70	9.70	
s	Shelter	Gossamer Gear Tite-Lite Stakes	6	0.21	1.69	
p	Sleep	MontBell Super Stretch Down Hugger #3	658	23.21	23.21	
p	Sleep	FlexAir pillow (dual chamber)	34	1.20	1.20	
					SubTotal	56 oz
						3.52 lb

Clothing

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)
p	Top (Wicking)	Hind Long Sleeve Running Shirt (for sleeping)	162	5.71	5.71	
p	Socks (Sleeping)	WigWam Ultimax 3/4's	52	1.83	1.83	
p	Hat (Insulating)	Fleece Hat (MEC)	40	1.41	1.41	
w	Shoes	Salomon XA Pro 3D Shoes	732	25.82		25.82
w	Bottoms (Wicking)	Misty Mountain Shorts	271	9.56		9.56
w	Top (Wicking)	Royal Robbins Button Down Hiking Shirt	198	6.98		6.98
w	Hat (Sun)	Henchel Mesh Hat	113	3.99		3.99
w	Underwear	Power Dry Briefs (MEC)	58	2.05		2.05
w	Socks (Hiking)	WigWam Ultimax 3/4's	52	1.83		1.83
					SubTotal	9 oz
						0.55 lb
						3.14 lb

Cooking & Hydration

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)
p	Food Storage	BMW UrsaLite Bear Hang System	60	2.12	2.12	
p	Lighter	Ronson Lighter	19	0.67	0.67	
p	Stove	Homemade Heineken Stove	52	1.83	1.83	
p	Utensil	Lexan Spork	10	0.35	0.35	
p	Water Storage	Source 1L Canteen	27	0.95	0.95	
p	Water Storage	Source 1L Canteen	27	0.95	0.95	
p	Water Treatment	Water Treatment Kit (repackaged in two 10 mL bottle)	20	0.71	0.71	
					SubTotal	8.00 oz
						0.47 lb

Other (first aid, toiletries, trekking poles, etc.)

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)
1	Dental Care	Brush-Ups	1	0.04	0.04	
p	First Aid & Repair	First Aid & Repair Kit	43	1.52	1.52	
p	Towel	MSR Pack Towel (Small)	16	0.56	0.56	
p	Toilet Paper	Emergency Toilet Paper (2 Shop towels cut up)	9	0.32	0.32	
p	Firestarter	Emergency Firestarting Kit (sparker and 4 tinders)	6	0.21	0.21	
p	Hygiene	Dr. Broners Soap (5 mL in BMW micro dropper)	3	0.11	0.11	
p	Storage	Ditty Bag	2	0.07	0.07	
p	Ear Plugs	Ear Plugs (for sleeping in storms, etc.)	1	0.04	0.04	
w	Poles	LuxuryLite 46" Trailstiks	184			
w	Watch	Nike Triax Elite SDM Watch	66	2.33		2.33
w	Knife	Victorinox Classic Jackknife (on zip cord)	16	0.56		0.56
w	Light	Freedom Micro Photon Light - White (on lanyard)	6	0.22		0.22
w	Whistle	Small Red Whistle (on lanyard)	3	0.11		0.11
					SubTotal	3.00 oz
						0.18 lb
						0.2 lb

Consummables (food, water, fuel)

	Function	Description	Wt. (gm)	Wt. (oz)	Consume (oz)	
2	Food	Food (1.5 pounds per day)	680	23.99	47.97	
1	Fuel	Esbit Tabs (0.5 oz per tab per meal)	14	0.49	0.49	
1	Water	Water (32 oz. per liter)	907	31.99	31.99	
					SubTotal	80.00 oz
						5.03 lb

Cape Chignecto (August 2006)

Totals	Base	Consume	Full Pack	+ Wear	Skin Out
Pounds	5.27 lb	5.03 lb	10.3 lb	3.34 lb	13.64 lb

The Big Three (pack, sleeping gear, shelter)

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)
p	Pack	Z1 ZPack	108	3.81	3.81	
p	Pack	Gossamer Gear Pack Liner	38	1.34	1.34	
p	Pad	LuxuryLite Cot - (Feet, Struts, Poles, Fabric)	382	13.47	13.47	
p	Pad	Gossamer Gear Long/Wide Pad (cut to 2'x6')	125	4.41	4.41	
p	Shelter	SpinnShelter front pole	36	1.27	1.27	
p	Shelter	SpinnShelter rear pole	22	0.78	0.78	
	Pad	Thermarest ProLite 3 (Short)	381	13.44		
	Sleep	Gossamer Gear Polycryo Ground Cloth	38	1.34		
p	Shelter	SpinnShelter (with guylines & clips)	275	9.70	9.70	
p	Shelter	Homemade Bug Canopy	100	3.53	3.53	
s	Shelter	Gossamer Gear Tite-Lite Stakes	6	0.21	1.69	
p	Sleep	MontBell Super Stretch Down Hugger #3	658	23.21	23.21	
p	Sleep	FlexAir pillow (dual chamber)	34	1.20	1.20	
					SubTotal	64 oz
						4.03 lb

Clothing

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)
p	Top (Wicking)	Hind Long Sleeve Running Shirt (for sleeping)	162	5.71	5.71	
p	Socks (Sleeping)	WigWam Ultimax 3/4's	52	1.83	1.83	
p	Hat (Insulating)	Fleece Hat (MEC)	40	1.41	1.41	
p	Hat (Bugs)	Coglahns Head Net	15	0.53	0.53	
w	Shoes	Salomon XA Pro 3D Shoes	732	25.82		25.82
w	Bottoms (Wicking)	Misty Moutain Shorts	271	9.56		9.56
w	Top (Wicking)	Royal Robins Button Down Hiking Shirt	198	6.98		6.98
w	Hat (Sun)	Henchel Mesh Hat	113	3.99		3.99
w	Underwear	Power Dry Briefs (MEC)	58	2.05		2.05
w	Socks (Hiking)	WigWam Ultimax 3/4's	52	1.83		1.83
					SubTotal	9 oz
						50 oz
						0.59 lb
						3.14 lb

Cooking & Hydration

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)
p	Food Storage	BMW UrsaLite Bear Hang System	60	2.12	2.12	
p	Lighter	Ronson Lighter	19	0.67	0.67	
p	Stove	Homemade Heineken Stove	52	1.83	1.83	
p	Utensil	Lexan Spork	10	0.35	0.35	
p	Water Storage	Source 1L Canteen	27	0.95	0.95	
p	Water Storage	Source 1L Canteen	27	0.95	0.95	
p	Water Treatment	Water Treatment Kit (repackaged in two 10 mL bottle)	20	0.71	0.71	
					SubTotal	8.00 oz
						0.47 lb

Other (first aid, toiletries, trekking poles, etc.)

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)
1	Dental Care	Brush-Ups	1	0.04	0.04	
p	First Aid & Repair	First Aid & Repair Kit	43	1.52	1.52	
p	Towel	MSR Pack Towel (Small)	16	0.56	0.56	
p	Toilet Paper	Emergency Toilet Paper (2 Shop towels cut up)	9	0.32	0.32	
p	Firestarter	Emergency Firestarting Kit (sparker and 4 tinders)	6	0.21	0.21	
p	Hygiene	Dr. Broners Soap (5 mL in BMW micro dropper)	3	0.11	0.11	
p	Storage	Ditty Bag	2	0.07	0.07	
p	Ear Plugs	Ear Plugs (for sleeping in storms, etc.)	1	0.04	0.04	
w	Poles	LuxuryLite 46" Trailstiks	184			
w	Watch	Nike Triax Elite SDM Watch	66	2.33		2.33
w	Knife	Victorinox Classic Jackknife (on zip cord)	16	0.56		0.56
w	Light	Freedom Micro Photon Light - White (on lanyard)	6	0.22		0.22
w	Whistle	Small Red Whistle (on lanyard)	3	0.11		0.11
					SubTotal	3.00 oz
						3 oz
						0.18 lb
						0.2 lb

Consummables (food, water, fuel)

	Function	Description	Wt. (gm)	Wt. (oz)	Consume (oz)	
2	Food	Food (1.5 pounds per day)	680	23.99	47.97	
1	Fuel	Esbit Tabs (0.5 oz per tab per meal)	14	0.49	0.49	
1	Water	Water (32 oz. per liter)	907	31.99	31.99	
					SubTotal	80.00 oz
						5.03 lb

Cape Chignecto (April 2006)

Totals	Base	Consume	Full Pack	+ Wear	Skin Out
Pounds	7.01 lb	4.28 lb	11.29 lb	4.33 lb	15.62 lb

The Big Three (pack, sleeping gear, shelter)

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)	
p	Pack	Gossamer Gear G6 Whipser	126	4.44	4.44		
p	Pack	Gossamer Gear Pack Liner	38	1.34	1.34		
p	Pad	LuxuryLite Cot - Extreme Lite	382	13.47	13.47		
p	Pad	Gossamer Gear Long/Wide Pad (cut to 2'x6')	125	4.41	4.41		
p	Pad	Gossamer Gear ThinLight Pad	40	1.41	1.41		
p	Shelter	SpinnShelter (with guylines & clips)	275	9.70	9.70		
p	Shelter	SpinnShelter front pole	36	1.27	1.27		
p	Shelter	SpinnShelter rear pole	22	0.78	0.78		
6	Shelter	Gossamer Gear Tite-Lite Stakes	8	0.28	1.69		
p	Sleep	MontBell Super Stretch Down Hugger #3	658	23.21	23.21		
p	Sleep	FlexAir pillow (dual chamber)	34	1.20	1.20		
					SubTotal	63 oz	
						3.93 lb	

Clothing

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)	
p	Top (Insulating)	MEC Fleece Jacket	266	9.38	9.38		
p	Top (Insulating)	Night Lite Vest (MEC)	216	7.62	7.62		
p	Top (Wicking)	Hind Long Sleeve Running Shirt (for sleeping)	162	5.71	5.71		
p	Top (Wind/Rain)	O2 Rainshield Jacket	153	5.40	5.40		
p	Bottoms (Insulating)	Silk Long Johns (MEC)	129	4.55	4.55		
p	Bottoms (Wind/Rain)	Gossamer Gear SpinnChaps	40	1.41	1.41		
p	Socks (Sleeping)	WigWam Ultimax 3/4's	52	1.83	1.83		
p	Hat (Insulating)	Fleece Hat (MEC)	40	1.41	1.41		
p	Gloves (Insulating)	Possum Down Gloves	36	1.27	1.27		
w	Shoes	Salomon XA Pro 3D Shoes	732	25.82		25.82	
w	Bottoms (Wicking)	North Face Convertables (Shorts)	347	12.24		12.24	
w	Top (Wicking)	MEC Button Down Hiking Shirt	241	8.50		8.50	
w	Bottoms (Wicking)	North Face Convertables (Legs)	147	5.19		5.19	
w	Hat (Sun)	Henchel Hat	113	3.99		3.99	
w	Underwear	Power Dry Briefs (MEC)	58	2.05		2.05	
w	Socks (Hiking)	WigWam Ultimax 3/4's	52	1.83		1.83	
					SubTotal	39.00 oz	60 oz
						2.41 lb	3.73 lb

Cooking & Hydration

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)	
p	Food Storage	BMW UrsaLite Bear Hang System	60	2.12	2.12		
p	Lighter	Mini Bic Lighter	11	0.39	0.39		
p	Lighter	12 Matches + Striker in Ziploc	3	0.11	0.11		
p	Stove	Homemade Heineken Stove	52	1.83	1.83		
p	Utensil	Lexan Spork	10	0.35	0.35		
p	Water Storage	Source 1L Canteen	27	0.95	0.95		
p	Water Storage	500mL water bottle	18	0.63	0.63		
p	Water Storage	500mL water bottle	18	0.63	0.63		
p	Water Treatment	Water Treatment Kit (repackaged in two 10 mL bottle)	20	0.71	0.71		
					SubTotal	8.00 oz	
						0.48 lb	

Other (first aid, toiletries, trekking poles, etc.)

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)	
1	Dental Care	Brush-Ups	1	0.04	0.04		
p	First Aid & Repair	First Aid & Repair Kit	43	1.52	1.52		
p	Towel	MSR Pack Towel (Small)	16	0.56	0.56		
p	Toilet Paper	Emergency Toilet Paper (2 Shop towels cut up)	9	0.32	0.32		
p	Firestarter	Emergency Firestarting Kit (sparker and 4 tinders)	6	0.21	0.21		
p	Hygiene	Dr. Broners Soap (5 mL in BMW micro dropper)	3	0.11	0.11		
p	Storage	Ditty Bag	2	0.07	0.07		
p	Ear Plugs	Ear Plugs (for sleeping in storms, etc.)	1	0.04	0.04		
w	Poles	LuxuryLite 46" Trailstiks	184	6.49		6.49	
w	Watch	Nike Triax Elite SDM Watch	66	2.33		2.33	
w	Knife	Victorinox Classic Jackknife (on zip cord)	16	0.56		0.56	
w	Light	Freedom Micro Photon Light - White (on lanyard)	6	0.22		0.22	
w	Whistle	Small Red Whistle (on lanyard)	3	0.11		0.11	
					SubTotal	3.00 oz	10 oz
						0.18 lb	0.61 lb

Consummables (food, water, fuel)

	Function	Description	Wt. (gm)	Wt. (oz)	Consume (oz)	
1.5	Food	Food (1.5 pounds per day)	680	23.99	35.98	
1	Fuel	Esbit Tabs (0.5 oz per tab per meal)	14	0.49	0.49	
1	Water	Water (32 oz. per liter)	907	31.99	31.99	
					SubTotal	68.00 oz
						4.28 lb

Cape Chignecto (April 2006)

Totals	Base	Consume	Full Pack	+ Wear	Skin Out
Pounds	5.67 lb	4.28 lb	999999 lb	3.75 lb	13.69 lb

The Big Three (pack, sleeping gear, shelter)

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)	
p	Pack	MLD Prophet 25	143	5.04	5.04		
p	Pack	Z1 ZPack	108	3.81	3.81		
p	Pack	Gossamer Gear Pack Liner	38	1.34	1.34		
p	Pad	LuxuryLite Cot - Extreme Lite	382	13.47	13.47		
p	Pad	MEC 5mm Bivy Pad	164	5.78	5.78		
p	Pad	Gossamer Gear Torso Pad	100	3.53	3.53		
p	Shelter	SpinnShelter (with guylines & clips)	275	9.70	9.70		
p	Shelter	SpinnShelter front pole	36	1.27	1.27		
p	Shelter	SpinnShelter rear pole	22	0.78	0.78		
6	Shelter	Gossamer Gear Tite-Lite Stakes	6	0.21	1.27		
p	Sleep	MontBell Super Stretch Down Hugger #3	658	23.21	23.21		
p	Sleep	FlexAir pillow (dual chamber)	34	1.20	1.20		
					SubTotal	70 oz	
						4.4 lb	

Clothing

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)	
p	Top (Wicking)	Hind Long Sleeve Running Shirt (for sleeping)	162	5.71	5.71		
p	Socks (Sleeping)	WigWam Ultimax 3/4's	52	1.83	1.83		
p	Hat (Insulating)	Fleece Hat (MEC)	40	1.41	1.41		
p	Hat (Bugs)	Coglahns Head Net	15	0.53	0.53		
w	Shoes	Salomon XA Pro 3D Shoes	732	25.82		25.82	
w	Bottoms (Wicking)	Misty Mountain Shorts	271	9.56		9.56	
w	Top (Wicking)	Royal Robins Button Down Hiking Shirt	198	6.98		6.98	
w	Hat (Sun)	Henchel Mesh Hat	113	3.99		3.99	
w	Underwear	Power Dry Briefs (MEC)	58	2.05		2.05	
w	Socks (Hiking)	WigWam Ultimax 3/4's	52	1.83		1.83	
					SubTotal	9 oz	50 oz
						0.59 lb	3.14 lb

Cooking & Hydration

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)	
p	Food Storage	BMW UrsaLite Bear Hang System	60	2.12	2.12		
p	Lighter	Ronson Lighter	19	0.67	0.67		
p	Stove	Homemade Heineken Stove	52	1.83	1.83		
p	Utensil	Lexan Spork	10	0.35	0.35		
p	Water Storage	Source 1L Canteen	27	0.95	0.95		
p	Water Storage	500mL water bottle	18	0.63	0.63		
p	Water Storage	500mL water bottle	18	0.63	0.63		
p	Water Treatment	Water Treatment Kit (repackaged in two 10 mL bottle)	20	0.71	0.71		
					SubTotal	8.00 oz	
						0.49 lb	

Other (first aid, toiletries, trekking poles, etc.)

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)	
1	Dental Care	Brush-Ups	1	0.04	0.04		
p	First Aid & Repair	First Aid & Repair Kit	43	1.52	1.52		
p	Towel	MSR Pack Towel (Small)	16	0.56	0.56		
p	Toilet Paper	Emergency Toilet Paper (2 Shop towels cut up)	9	0.32	0.32		
p	Firestarter	Emergency Firestarting Kit (sparker and 4 tinders)	6	0.21	0.21		
p	Hygiene	Dr. Broners Soap (5 mL in BMW micro dropper)	3	0.11	0.11		
p	Storage	Ditty Bag	2	0.07	0.07		
p	Ear Plugs	Ear Plugs (for sleeping in storms, etc.)	1	0.04	0.04		
w	Poles	LuxuryLite 46" Trailstiks	184	6.49		6.49	
w	Watch	Nike Triax Elite SDM Watch	66	2.33		2.33	
w	Knife	Victorinox Classic Jackknife (on zip cord)	16	0.56		0.56	
w	Light	Freedom Micro Photon Light - White (on lanyard)	6	0.22		0.22	
w	Whistle	Small Red Whistle (on lanyard)	3	0.11		0.11	
					SubTotal	3.00 oz	10 oz
						0.18 lb	0.61 lb

Consummables (food, water, fuel)

	Function	Description	Wt. (gm)	Wt. (oz)	Consume (oz)	
1.5	Food	Food (1.5 pounds per day)	680	23.99	35.98	
1	Fuel	Esbit Tabs (0.5 oz per tab per meal)	14	0.49	0.49	
1	Water	Water (32 oz. per liter)	907	31.99	31.99	
					SubTotal	68.00 oz
						4.28 lb

Cape Chignecto (April 2006)

Totals	Base	Consume	Full Pack	+ Wear	Skin Out
Pounds	6.46 lb	2.28 lb	8.74 lb	3.4 lb	12.14 lb

The Big Three (pack, sleeping gear, shelter)

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)	
p	Pack	Gossamer Gear Mariposa	370	13.05	13.05		
p	Pack	Gossamer Gear Pack Liner	38	1.34	1.34		
p	Pad	Thermarest ProLite 3 (Short)	381	13.44	13.44		
p	Sleep	Gossamer Gear Polycryo Ground Cloth	38	1.34	1.34		
p	Shelter	SpinnShelter (with guylines & clips)	275	9.70	9.70		
6	Shelter	Gossamer Gear Tite-Lite Stakes	8	0.28	1.69		
p	Shelter	Homemade Bug Canopy	100	3.53	3.53		
p	Sleep	MontBell Super Stretch Down Hugger #3	658	23.21	23.21		
p	Sleep	Water Wing Pillow	50	1.76	1.76		
					SubTotal	69.07 oz	0 oz
						4.32 lb	

Clothing

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)	
	Bottoms (Insulating)	MEC DryLine Leg Warmers	150	5.29			
	Bottoms (Insulating)	Silk Long Johns (MEC)	129	4.55			
p	Bottoms (Wicking)	Misty Mountain Shorts	271	9.56	9.56		
p	Hat (Insulating)	Fleece Hat (MEC)	40	1.41	1.41		
w	Hat (Sun)	Tilley LTM5	87	3.07		3.07	
w	Shoes	Salomon XA Pro 3D Shoes	732	25.82		25.82	
w	Socks (Hiking)	Running Room 3/4's	45	1.59		1.59	
p	Socks (Sleeping)	Running Room 3/4's	45	1.59	1.59		
	Top (Insulating)	Night Lite Vest (MEC)	216	7.62			
	Top (Insulating)	MEC DryLine Arm Warmers	60	2.12			
w	Top (Wicking)	MEC Button Down Hiking Shirt	241	8.50		8.50	
p	Top (Wicking)	Hind Long Sleeve Running Shirt (for sleeping)	162	5.71	5.71		
p	Top (Wind/Rain)	O2 Rainshield Jacket	153	5.40	5.40		
w	Underwear	Power Dry Briefs (MEC)	58	2.05		2.05	
					SubTotal	24 oz	41 oz
						1.48 lb	2.56 lb

Cooking & Hydration

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)	
p	Food Storage	BMW UrsaLite Bear Hang System	60	2.12	2.12		
p	Lighter	Mini Bic Lighter	11	0.39	0.39		
p	Stove	Homemade Heineken Stove	64	2.26	2.26		
p	Utensil	85 cent Scout Shop Spork	10	0.35	0.35		
p	Water Storage	Source 1L Canteen	27	0.95	0.95		
p	Water Storage	Source 1L Canteen	27	0.95	0.95		
p	Water Treatment	Water Treatment Kit (repackaged in two 10 mL bottle)	20	0.71	0.71		
					SubTotal	8.00 oz	
						0.48 lb	

Other (first aid, toiletries, trekking poles, etc.)

	Function	Description	Wt. (gm)	Wt. (oz)	Pack (oz)	Wear (oz)	
1	Dental Care	Brush-Ups	1	0.04	0.04		
p	First Aid & Repair	First Aid & Repair	43	1.52	1.52		
p	Towel	MSR Pack Towel (Small)	16	0.56	0.56		
p	Toilet Paper	Toilet Paper (2 Shop towels cut up)	9	0.32	0.32		
p	Firestarter	Emergency Firestarting Kit (sparker and 4 tinders)	6	0.21	0.21		
p	Hygiene	Dr. Broners Soap (5 mL in BMW micro dropper)	3	0.11	0.11		
p	Storage	Ditty Bag	2	0.07	0.07		
p	Ear Plugs	Ear Plugs (for sleeping in storms, etc.)	1	0.04	0.04		
w	Poles	Komperdell C3 Poles (Womens, straps & trim removed)	288	10.16		10.16	
w	Watch	Nike Triax Elite SDM Watch	66	2.33		2.33	
w	Knife	Victorinox Classic Jackknife (on zip cord)	16	0.56		0.56	
w	Light	Freedom Micro Photon Light - White (on lanyard)	6	0.22		0.22	
w	Whistle	Small Red Whistle (on lanyard)	3	0.11		0.11	
					SubTotal	3.00 oz	13 oz
						0.18 lb	0.84 lb

Consummables (food, water, fuel)

	Function	Description	Wt. (gm)	Wt. (oz)	Consume (oz)	
1.5	Food	Food (1.5 pounds per day)	680	23.99	35.98	
1	Fuel	Esbit Tabs (0.5 oz per tab per meal)	14	0.49	0.49	
	Water	Water (32 oz. per liter)	907	31.99	0.00	
					SubTotal	36.00 oz
						2.28 lb