

Lightweight Equipment		Heavier weight Equipment	
Zpack Pack 52 Litre	515	2000	Macpac Pack 65 Litre
Terra Nova Tent	492	850	MSR Hubba HP Tent
Tent poles & pegs	143	472	Tent poles & pegs
Sleeping Mat Neoair	364	713	Sleeping Mat
Mont Bell Sleeping Bag	633	975	One Planet Sleeping Bag
Macpac Silk Liner	187	187	Macpac Silk Liner
Mont Bell Down Jacket	163		
Wind Jacket	60	564	Kathmandu Jacket
White Box Stove	69	250	MSR Stove
Meths	300	300	White Spirits
Titanium Pot & Spoon	136	242	Stainless Steel Pot & Spoon
Jumper	290	290	Jumper
Long Johns	123	123	Long Johns
Short Sleeve Top	162	162	Short Sleeve Top
Long Sleeve Top	242	242	Long Sleeve Top
Macpac Socks 1 pair	88	88	Macpac Socks 1 pair
LED Headlight + Batteries	328	328	LED Headlight + Batteries
Garmin GPS	187	187	Garmin GPS
Accusat 406 EPLB	255	255	Accusat 406 EPLB
Zpack Parka	226	830	Macpac Medium Parka
Zpack Rain Kilt	60	250	Waterproof Pants
Zpack Cape	150		
Di-Hi Food	310	310	Di-Hi Food
Food + Drink	400	400	Food + Drink
Compass + Bog Paper + etc	100	100	Compass + Bog Paper + etc
Total Weight (gms)	5983	10118	Total Weight (gms)

Things like gaitors, hat, maps, camera, radio equipment, water bottle would add further weight

Gloves	80
Macpac Sanctuary 700 XL Sleeping Bag	