



## BACKPACKING LIST

CLOTHING	Weight	Number	Total Wt	Packed
long underwear-silk top	3.5oz			
-light-blue capeline,top & bottom	15.0oz			
-hot chillies,top & bottom	14.0oz			
underpants	1.5oz			
bras	2.0oz			
long sleeved shirt	8.0oz			
short sleeve shirts	6.0oz			
convertible shorts/pants	10.5oz			
shorts	5.0oz			
baseball cap	1.0oz			
socks	3.0oz			
sock liners	1.0oz			
hiking boots (sue)	26.0oz			
crocks	8.0oz			
poncho- small	2.0oz			
knee braces (2)	2.0oz			
bandana	1.0oz			
swimming suit	4.0oz			
montbell jacket	7.0oz			
rainpants				
rainjacket	15.0oz			
warm hat	1.0oz			
gloves	1.0oz			
FOOD ITEMS				
Packaged dinners	6.0oz			
nido powdered milk				
oatmeal-2	3.0oz			
dehydrated fruit				
carrotts				
pudding in ziploc	4.0oz			
dehydrated apples				
food bars	2.0oz			
handisnacks	1.0oz			
candy packets	1.0oz			
bagles	3.0oz			
cream cheese				
cheese & crackers	1.5oz			
tea-(12)	1.5oz			
coffee-(4)	1.0oz			
equal-plastic	1.0oz			
jerky				
dehydrated food				
foil chicken/tuna				
pasta dishes	4.5oz			
peanut butter in tube	8.0oz			
mini muffins	3.0oz			
nutty bar	2.0oz			
packaged chai				
biscotti				
trailmix				



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<b>TOTAL WEIGHT</b>				