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FRONTENAC P.P. SUB 4 LB GEAR LIST

Base Pack Weight			Items and Clothing Worn		
	CARRIED GEAR		CLOTHES WORN DURING HIKING		
	TYPE (BRAND, STYLE)	WEIGHT (OZ)		TYPE (BRAND, STYLE)	WEIGHT (OZ)
BACKPACK	ZPACKS BLAST 26	7.89	BASE LAYER	TEKO ECOMERINO UL SOCKS	2.2
				EX-EFFICIO BOXERS	3.75
STUFF SACKS	SPINSACK NANO SMALL	0.24			
	SPINSACK NANO MEDIUM	0.31	SHIRT	BPL THOROFARE SHIRT (M)	4.55
	SPINSACK NANO MEDIUM	0.31		MEC BC THERMAL TOP	4.76
	S46 CINCH-SACK (7"X10")	0.05			
			PANTS	BPL THOROFARE PANT (M)	3.98
SLEEPING BAG	NUNATAK ARC A.T. (LONG)	9.75		MEC BC THERMAL BOTTOM	3.73
SHELTER	CUBEN/MOMENTUM BIVY	2.82	FOOTWEAR	MONTRAIL HARDROCKS	40
	CUBEN PONCHO/TARP	4.1			
	6X TG 6" CF STAKES (5g/Each)	1.05	HEADWEAR	PATAGONIA SUN HAT/BUFF	1.3/1.3
ROPE	50' AIRCORE NANO GUYLINE	0.5	NECKWEAR	WHISTLE ON LANYARD	0.11
SLEEPING PAD	GOSSAMER GEAR NIGHTLIGHT	3.15	POLES	KOMPERDELL C3 CARBON	13.1
	GG 1/8" THINLITE	1.85		CLOTHING WORN (Oz.)=	76.18
				Lbs=	4.76125
COOKPOT	FIRELITE 500 SUL COOKPOT	1.89			
STOVE	TI WING STOVE	0.35			
	TI WINDSCREEN	0.5			
EATING UTENSILS	WENDY'S SPOON	0.07			
CLOTHES	NUNATAK SKAHA PLUS (L)	13.6			
	TEKO ECOMERINO UL SOCKS	2.2			
	BD POWERSTRETCH LINER	1.75			
ORIENTATION	SUUNTO COMPASS/THERMO	0.3			
MAP	MAP Printed on 8 1/2 x 11	0.17			
KNIFE	DERMA-SAFE FOLDING KNIFE	0.25			
FLASHLIGHT	PHOTON EX MICRO w/ String clip	0.32			
LIGHTER	MINI DISPOSABLE LIGHTER	0.5			
FIRST AID KIT	CUSTOM SOLO FIRST AID KIT	0.6			
CAMERA	OLYMPUS SW 850	5.5			
HYDRATION	1 LITER GATORADE BOTTLE	1			
WATER PURIFIER	MICROPUR TABLETS (20 L)	0.45			
HYGENE KIT	4 PAWS FINGER TOOTHBRUSH	0.14			
	SMALL SPONGE	0			
	PURELL (3.2ml) in dropper	0.14			
	DR. B'S (3.2ml) in dropper	0.14			
	T.P. 1 DAYS (20 sheets (4g) /day)	0.14			
	PACK WEIGHT (Oz.)=	62.03			
	Lbs=	3.876875			

BASE PACK WEIGHT 3.876875
 WEIGHT OF CLOTHING WORN 4.76125
 BASE PACK WEIGHT + CONSUMABLES 7.380982
 FSO 16.01911