

**BON ECHO P.P. (ABES AND ESSENCE TRAIL) GEAR LIST**

ITEMS CARRIED IN BACKPACK			CLOTHING AND ITEMS WORN		
	CARRIED GEAR		CLOTHES WORN DURING HIKING		
	TYPE (BRAND, STYLE)	WEIGHT (OZ)		TYPE (BRAND, STYLE)	WEIGHT (OZ)
<b>BACKPACK</b>	ZPACKS BLAST 26	7.89	<b>BASE LAYER</b>	TEKO ECOMERINO UL 1/4 SOCKS	1.4
<b>STUFF SACKS</b>	SPINSACK NANO SMALL	0.24		EX-EFFICIO BOXERS	3.75
	SPINSACK NANO MEDIUM	0.31	<b>SHIRT</b>	BPL THOROFARE SHIRT (M)	4.55
	SPINSACK NANO MEDIUM	0.31			
<b>SLEEP SYSTEM</b>	S46 WLQ-1 QUILT	11.01	<b>PANTS</b>	BPL THOROFARE PANT (M)	3.98
<b>SHELTER</b>	CUBEN/MOMENTUM BIVY	2.82	<b>FOOTWEAR</b>	MONTRAIL HARDROCKS	40
	MLD CUBEN PONCHO/TARP	4.3	<b>HEADWEAR</b>	BUFF	1.3
	6X TG 6" CF STAKES (5g/Each)	1.05	<b>NECKWEAR</b>	WHISTLE ON LANYARD	0.11
<b>ROPE</b>	50' AIRCORE NANO GUYLINE	0.5	<b>POLES</b>	KOMPERDELL C3 CARBON	13.1
<b>SLEEPING PAD</b>	32" T-REST NEOAIR (S46 MOD)	6.7		<b>CLOTHING WORN (Oz.)=</b>	<b>68.19</b>
	S46 PG-SHEET (21"X76")	2.5		<b>Lbs=</b>	<b>4.26</b>
	MONTBELL INF. PILLOW	2.4			
	NIGHTLITE SIT PAD	1.05			
<b>COOKPOT</b>	FIRELITE 500 SUL COOKPOT	1.89			
<b>STOVE</b>	S46 ESW	0.246			
<b>EATING UTENSILS</b>	MLD LONG HANDLE TI SPOON	0.56			
<b>CLOTHES</b>	ARCTERYX T-NECK POLY ZIP	8.65			
	TEKO ECOMERINO UL SOCKS	2.2			
	POLY HAT	1.6			
	MEC BC THERMAL TOP	4.76			
	MEC BC THERMAL BOTTOM	3.73			
	BPL HEADNET	0.32			
	YANKS SPORTSHELL (L)	3.52			
<b>ORIENTATION</b>	SUUNTO COMPASS/THERMO	0.3			
<b>MAP</b>	MAP PRINTED ON 8 1/2 x 11	0.17			
<b>KNIFE</b>	DERMA-SAFE FOLDING KNIFE	0.25			
<b>FLASHLIGHT</b>	PHOTON EX MICRO w/ String clip	0.32			
<b>LIGHTER</b>	MINI DISPOSABLE LIGHTER	0.5			
<b>FIRST AID KIT</b>	CUSTOM SOLO FIRST AID KIT	0.6			
<b>CAMERA</b>	OLYMPUS SW 850	5.5			
<b>HYDRATION</b>	1 L GATORADE BOTTLE	1			
	PLATYPUS 1 LITER FOLDABLE	0.9			
<b>WATER PURIFIER</b>	MICROPUR TABLETS (20 L)	0.45			
<b>HYGENE KIT</b>	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)	0.01			
	<b>PACK WEIGHT (Oz.)=</b>	<b>78.98</b>			
	<b>Lbs=</b>	<b>4.94</b>			

	LBS.
<b>BASE PACK WEIGHT</b>	4.94
<b>CLOTHING AND GEAR WORN</b>	4.26
<b>FOOD</b>	1.75
<b>FUEL (6.5 grams X 4/day)</b>	0.23
<b>BASE PACK WEIGHT + FOOD + FUEL</b>	<b>6.92</b>
<b>FROM SKIN OUT</b>	<b>11.18</b>