

## EASTERN ALASKA RANGE - AUG/SEPT 2011

NOTES

Worn/Carried 穿着及携带	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Shirt 贴身衫	R	Icebreaker 150g	6.6	187.10685246		
Underwear 内衣	R	Reebok tight boxer	2.9	82.21361699		
Pants 徒步裤	R	Montbell trekking pant	16.8	476.27198808		
Shoes 鞋	R	Golite timber lite w super feet(鞋垫)	33.6	952.54397616		
Socks 袜	R	high rise and mid 2 pairs 大桥和smartwool两双	8.9	252.31075559		
Gaiters 雪套	-	ID event	2.4	68.03885544		
Headwear 帽子	-	Tilley	3.5	99.22333085		
Trekking poles 登山杖	R	Tigoat APG	8.4	238.13599404		
Watch 手表	-			0		
<b>TOTAL</b>			<b>83.1</b>	<b>2355.84536961</b>		-
Other Clothing 其他衣物	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Second layer 保暖内衣	R	Icebreaker 260g	13.4	379.88360954		
Long Underwear 长内裤		SKINS compress	5.5	155.92237705		
Insulated jacket 保暖夹克	R	ASI down vest	6.8	192.77675708		
Shell jacket 防雨上衣	R	RBH VB Jacket	15.1	428.07779881		
Shell pants 防雨裤	R	Cloudevil waterproof softshell pant		0		
Liner gloves 手套内胆	R	Defeet		0		
Shell mitts 连指防水手套	R	Kifarur handwarmer	5.6	158.75732936		
Insulated mitts 连指保暖手套	-			0		
Beanie or hat 暖帽	-			0		
Neoprene socks 潜水袜	-	GTX socks	4.9	138.91266319		
Eyewear 眼镜	-			0		
Sleeping hat 睡帽		Baby Alpaca Beanie	2.2	62.36895082		
Sleeping top 睡衣	R	ASI down vest		0		
Sleeping bottoms 睡裤	R	ASI down pant	6.7	189.94180477		
Sleeping socks 睡袜	R	RBH VB sock		0		
<b>TOTAL</b>			<b>60.2</b>	<b>1706.64129062</b>		-
Packing 背包系统	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Pack 背包	R	ULA Epic	36.0	1020.5828316		
Pack liner 背包内胆	R	WXtex 65L	10.2	289.16513562		
Stuff sacks 储物袋	-			0		
Food - storage 主食品袋	R	anti gravity hang bag and sealine 20L	15.0	425.2428465		
Food - accessible 单日食品袋	-	Granite Gear airbag #3	1.1	31.18447541		
<b>TOTAL</b>			<b>62.3</b>	<b>1766.17528913</b>		-
Sleeping 睡眠系统	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Bag or quilt 睡袋	R	golite ultra 20 w dry bag	20.8	589.67008048		
Bivy 露营袋		ASI Bivy	9.8	277.82532638		
Pad 睡垫	R	TAR ridgerest S	9.3	263.65056483		
<b>TOTAL</b>			<b>39.9</b>	<b>1131.14597169</b>		-
Food & Water 食品与水	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Bottles 水壶	R	nalgene 750ml wide mouth	6.1	172.93209091		

Purification 净水器	-			0		
Bowl/pot 锅或碗	???	Kupilka cup and antigravity gear pot w/ insulation	9.1	257.98066021		
Utensil 餐具	R	bpl fork	0.4	11.33980924		
<b>TOTAL</b>			<b>15.6</b>	<b>442.25256036</b>		-
<b>Packrafting 漂流系统</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Packraft 船	R	Yukon Yak 2010 model	88.4	2506.09784204		
Paddle 桨	R	aqua bound shred	42.5	1204.85473175		
Inflation 充气袋	R	Alpacka Inflation Bag	3.5	99.22333085		
PFD 救生衣	R	the thing w 3 2L bladder the thing和三个1L水袋	7.0	198.4466617		
Gloves 手套		Level Six Neoprene Hand Pogies	4.7	133.24275857		
Pack tie-down 背包固定	R	stock pack tie-down		0		
Stern grab line 船舷绳	R	2mm guywire		0		
Nozzle leash 阀门绳	R	2mm guywire		0		
Patch 补丁		Alpaca Patch	1.0	28.3495231		
<b>TOTAL</b>			<b>146.1</b>	<b>4141.86532491</b>		-
<b>Recording 记录</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Camera/camcorder 相机或摄像机	-	Sigma DP1	10.4	294.83504024		
Tri-pod 三脚架		mini tripod	1.8	51.02914158		
Digital voice recorder 录音笔	-			0		
Paper 纸	-	moleskin		0		
Writing 书写装置	-	spacepen	1.4	39.68933234		
<b>TOTAL</b>			<b>13.6</b>	<b>385.55351416</b>		-
<b>Hygiene, Med, Repair 保健医疗和修复</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Toothbrush & paste 牙刷牙膏	R	finger tip toothbrush and small size paste	1.2	34.01942772		
Soap 肥皂	R	hand soap		0		
Skin care 皮肤保养	R	chapstick & sunscreen 50 spf	1.4	39.68933234		
Tapes 胶带	R	duct tape in PSK bag	1.4	39.68933234		
Meds 药品	R	adventure medical kits .5	3.4	96.38837854		
Bandages 绷带	R	6 large size band-aid	0.5	14.17476155		
Blister protection 水泡处理	R	amk glaciergel	1.0	28.3495231		
Sewing kit 缝纫	R	all in one PSK bag	13.1	371.37875261		
Glues 胶水	R	hot glue and tear aid in PSK bag		0		
Personal Tissue 餐巾纸		140 sheets of tissues	1.6	45.35923696		
<b>TOTAL</b>			<b>22.0</b>	<b>623.6895082</b>		-
<b>Miscellaneous 杂项</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Wallet 钱包	-		2.5	70.87380775		
ID & money 身份证及钱	R	in the wallet		0		
Wildlife defense 野生动物防御	???			0		
Fire starting kit 生活装置	R	flint	1.4	39.68933234		
Knife 刀	R	Carbon steel knife	5.9	167.26218629		
Light 照明	R			0		
<b>TOTAL</b>			<b>9.8</b>	<b>277.82532638</b>		-
<b>TOTALS   POUNDS 总计</b>				<b>千克</b>		-
<b>(A) ITEMS ALWAYS WORN OR CARRIED, OR NOT IN PACK 不在包内物品</b>			<b>5.2</b>	<b>2.35584536961</b>		-
<b>(B) ITEMS SOMETIMES WORN OR CARRIED, OR ALWAYS PACKED, A.K.A. "BASE WEIGHT" 基础重量</b>			<b>23.1</b>	<b>10.47514878545</b>		-

(A) + (B) = FULL OUT-OF-SKIN WEIGHT 总重	28.3	12.8309941550	-
--	------	---------------	---

EASTERN ALASKA RANGE - AUG/SEPT 2011						NOTES
Worn/Carried 穿着及携带	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Shirt 贴身衫	R	Icebreaker-150g	0.0	0		
Underwear 内衣	R	Reebok tight boxer	2.9	82.21361699		
Pants 徒步裤	R	Montbell trekking pant	16.8	476.27198808		
Shoes 鞋	R	Golite timber lite w super feet(鞋垫)	33.6	952.54397616		
Socks 袜	R	high rise and mid 2 pairs 大桥和smartwool两双	8.9	252.31075559		
Gaiters 雪套	-	ID event	2.4	68.03885544		
Headwear 帽子	-	Tilley	0.0	0		
Trekking poles 登山杖	R	Tigoat APG	8.4	238.13599404		
Watch 手表	-			0		
<b>TOTAL</b>			<b>73.0</b>	<b>2069.5151863</b>		-
Other Clothing 其他衣物	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Second layer 保暖内衣	R	Icebreaker 260g	13.4	379.88360954		
Long Underwear 长内裤		SKINS compress	0.0	0		
Insulated jacket 保暖夹克	R	ASI down vest	6.8	192.77675708		
Shell jacket 防雨上衣	R	RBH VB Jacket	15.1	428.07779881		
Shell pants 防雨裤	R	Cloudevil waterproof softshell pant		0		
Liner gloves 手套内胆	R	Defeet		0		
Shell mitts 连指防水手套	R	Kifarur handwarmer	5.6	158.75732936		
Insulated mitts 连指保暖手套	-			0		
Beanie or hat 暖帽	-			0		
Neoprene socks 潜水袜	-	GTX socks	4.9	138.91266319		
Eyewear 眼镜	-			0		
Sleeping hat 睡帽		Baby Alpaca Beanie	2.2	62.36895082		
Sleeping top 睡衣	R	ASI down vest		0		
Sleeping bottoms 睡裤	R	ASI down pant	6.7	189.94180477		
Sleeping socks 睡袜	R	RBH-VB sock		0		
<b>TOTAL</b>			<b>54.7</b>	<b>1550.71891357</b>		-
Packing 背包系统	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Pack 背包	R	ULA Epic	36.0	1020.5828316		
Pack liner 背包内胆	R	WXtex 65L	10.2	289.16513562		
Stuff sacks 储物袋	-			0		
Food - storage 主食品袋	R	anti gravity hang bag and sealine 20L	15.0	425.2428465		
Food - accessible 单日食品袋	-	Granite Gear airbag #3	1.1	31.18447541		
<b>TOTAL</b>			<b>62.3</b>	<b>1766.17528913</b>		-
Sleeping 睡眠系统	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Bag or quilt 睡袋	R	golite ultra 20 w dry bag	20.8	589.67008048		
Bivy 露营袋		ASI Bivy	9.8	277.82532638		
Pad 睡垫	R	TAR ridgerest S	9.3	263.65056483		
<b>TOTAL</b>			<b>39.9</b>	<b>1131.14597169</b>		-
Food & Water 食品与水	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Bottles 水壶	R	nalgene 750ml wide mouth	6.1	172.93209091		

Purification 净水器	-			0		
Bowl/pot 锅或碗	???	Kupilka cup and antigravity gear pot w/ insulation	9.1	257.98066021		
Utensil 餐具	R	bpl fork	0.4	11.33980924		
<b>TOTAL</b>			<b>15.6</b>	<b>442.25256036</b>		-
<b>Packrafting 漂流系统</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Packraft 船	R	Yukon Yak 2010 model	88.4	2506.09784204		
Paddle 桨	R	aqua bound shred	42.5	1204.85473175		
Inflation 充气袋	R	Alpacka Inflation Bag	3.5	99.22333085		
PFD 救生衣	R	the thing w 3 2L bladder the thing和三个1L水袋	7.0	198.4466617		
Gloves 手套		Level Six Neoprene Hand Pogies	4.7	133.24275857		
Pack tie-down 背包固定	R	stock pack tie-down		0		
Stern grab line 船舷绳	R	2mm guywire		0		
Nozzle leash 阀门绳	R	2mm guywire		0		
Patch 补丁		Alpaca Patch	1.0	28.3495231		
<b>TOTAL</b>			<b>146.1</b>	<b>4141.86532491</b>		-
<b>Recording 记录</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Camera/camcorder 相机或摄像机	-	Sigma DP1	10.4	294.83504024		
Tri-pod 三脚架		mini tripod	1.8	51.02914158		
Digital voice recorder 录音笔	-			0		
Paper 纸	-	moleskin		0		
Writing 书写装置	-	spacepen	1.4	39.68933234		
<b>TOTAL</b>			<b>13.6</b>	<b>385.55351416</b>		-
<b>Hygiene, Med, Repair 保健医疗和修复</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Toothbrush & paste 牙刷牙膏	R	finger tip toothbrush and small size paste	1.2	34.01942772		
Soap 肥皂	R	hand soap		0		
Skin care 皮肤保养	R	chapstick & sunscreen 50 spf	1.4	39.68933234		
Tapes 胶带	R	duct tape in PSK bag	1.4	39.68933234		
Meds 药品	R	adventure medical kits .5	3.4	96.38837854		
Bandages 绷带	R	6 large size band-aid	0.5	14.17476155		
Blister protection 水泡处理	R	amk glaciergel	1.0	28.3495231		
Sewing kit 缝纫	R	all in one PSK bag	13.1	371.37875261		
Glues 胶水	R	hot glue and tear aid in PSK bag		0		
Personal Tissue 餐巾纸		140 sheets of tissues	1.6	45.35923696		
<b>TOTAL</b>			<b>22.0</b>	<b>623.6895082</b>		-
<b>Miscellaneous 杂项</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Wallet 钱包	-		2.5	70.87380775		
ID & money 身份证及钱	R	in the wallet		0		
Wildlife defense 野生动物防御	???			0		
Fire starting kit 生活装置	R	flint	1.4	39.68933234		
Knife 刀	R	Carbon steel knife	5.9	167.26218629		
Light 照明	R			0		
<b>TOTAL</b>			<b>9.8</b>	<b>277.82532638</b>		-
<b>TOTALS   POUNDS 总计</b>				<b>千克</b>		-
<b>(A) ITEMS ALWAYS WORN OR CARRIED, OR NOT IN PACK 不在包内物品</b>			<b>4.6</b>	<b>2.0695151863</b>		-
<b>(B) ITEMS SOMETIMES WORN OR CARRIED, OR ALWAYS PACKED, A.K.A. "BASE WEIGHT" 基础重量</b>			<b>22.8</b>	<b>10.3192264084</b>		-

(A) + (B) = FULL OUT-OF-SKIN WEIGHT 总重	27.3	12.3887415947	-
--	------	---------------	---

## EASTERN ALASKA RANGE - AUG/SEPT 2011

NOTES

Worn/Carried 穿着及携带	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Shirt 贴身衫	R	Icebreaker-150g	0.0	0		
Underwear 内衣	R	Reebok tight boxer	2.9	82.21361699		
Pants 徒步裤	R	Montbell trekking pant	16.8	476.27198808		
Shoes 鞋	R	Golite timber lite w super feet(鞋垫)	33.6	952.54397616		
Socks 袜	R	high rise and mid 2 pairs 大桥和smartwool两双	8.9	252.31075559		
Gaiters 雪套	-	ID event	2.4	68.03885544		
Headwear 帽子	-	Tilley	0.0	0		
Trekking poles 登山杖	R	Tigoat APG	8.4	238.13599404		
Watch 手表	-			0		
<b>TOTAL</b>			<b>73.0</b>	<b>2069.5151863</b>		-
Other Clothing 其他衣物	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Second layer 保暖内衣	R	Icebreaker 260g	13.4	379.88360954		
Long Underwear 长内裤		SKINS compress	0.0	0		
Insulated jacket 保暖夹克	R	ASI down vest	6.8	192.77675708		
Shell jacket 防雨上衣	R	RBH VB Jacket	15.1	428.07779881		
Shell pants 防雨裤	R	Cloudevil waterproof softshell pant		0		
Liner gloves 手套内胆	R	Defeat		0		
Shell mitts 连指防水手套	R	Kifaru-handwarmer	0.0	0		
Insulated mitts 连指保暖手套	-			0		
Beanie or hat 暖帽	-			0		
Neoprene socks 潜水袜	-	GTX socks	4.9	138.91266319		
Eyewear 眼镜	-			0		
Sleeping hat 睡帽		Baby Alpaca Beanie	0.0	0		
Sleeping top 睡衣	R	ASI down vest		0		
Sleeping bottoms 睡裤	R	ASI down pant	6.7	189.94180477		
Sleeping socks 睡袜	R	RBH-VB sock		0		
<b>TOTAL</b>			<b>46.9</b>	<b>1329.59263339</b>		-
Packing 背包系统	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Pack 背包	R	ULA Epic	36.0	1020.5828316		
Pack liner 背包内胆	R	WXtex 65L	10.2	289.16513562		
Stuff sacks 储物袋	-			0		
Food - storage 主食品袋	R	anti gravity hang bag and sealine 20L	15.0	425.2428465		
Food - accessible 单日食品袋	-	Granite Gear airbag #3	1.1	31.18447541		
<b>TOTAL</b>			<b>62.3</b>	<b>1766.17528913</b>		-
Sleeping 睡眠系统	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Bag or quilt 睡袋	R	golite ultra 20 w dry bag	20.8	589.67008048		
Bivy 露营袋		ASI Bivy	9.8	277.82532638		
Pad 睡垫	R	TAR ridgerest S	9.3	263.65056483		
<b>TOTAL</b>			<b>39.9</b>	<b>1131.14597169</b>		-
Food & Water 食品与水	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Bottles 水壶	R	nalgene 750ml wide mouth	6.1	172.93209091		

Purification 净水器	-			0		
Bowl/pot 锅或碗	???	Kupilka cup and antigravity gear pot w/ insulation	9.1	257.98066021		
Utensil 餐具	R	bpl fork	0.4	11.33980924		
<b>TOTAL</b>			<b>15.6</b>	<b>442.25256036</b>		-
<b>Packrafting 漂流系统</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Packraft 船	R	Yukon Yak 2010 model	88.4	2506.09784204		
Paddle 桨	R	aqua bound shred	42.5	1204.85473175		
Inflation 充气袋	R	Alpacka Inflation Bag	3.5	99.22333085		
PFD 救生衣	R	the thing w 3 2L bladder the thing和三个1L水袋	7.0	198.4466617		
Gloves 手套		Level Six Neoprene Hand Pogies	4.7	133.24275857		
Pack tie-down 背包固定	R	stock pack tie-down		0		
Stern grab line 船舷绳	R	2mm guywire		0		
Nozzle leash 阀门绳	R	2mm guywire		0		
Patch 补丁		Alpaca Patch	1.0	28.3495231		
<b>TOTAL</b>			<b>146.1</b>	<b>4141.86532491</b>		-
<b>Recording 记录</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Camera/camcorder 相机或摄像机	-	Sigma DP1	10.4	294.83504024		
Tri-pod 三脚架		mini tripod	0.0	0		
Digital voice recorder 录音笔	-			0		
Paper 纸	-	moleskin		0		
Writing 书写装置	-	spacepen	1.4	39.68933234		
<b>TOTAL</b>			<b>11.8</b>	<b>334.52437258</b>		-
<b>Hygiene, Med, Repair 保健医疗和修复</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Toothbrush & paste 牙刷牙膏	R	finger tip toothbrush and small size paste	1.2	34.01942772		
Soap 肥皂	R	hand soap		0		
Skin care 皮肤保养	R	chapstick & sunscreen 50 spf	1.4	39.68933234		
Tapes 胶带	R	duct tape in PSK bag	0.0	0		
Meds 药品	R	adventure medical kits-5	0.0	0		
Bandages 绷带	R	6 large size band-aid	0.5	14.17476155		
Blister protection 水泡处理	R	amk glaciergel	0.0	0		
Sewing kit 缝纫	R	all in one PSK bag	0.0	0		
Glues 胶水	R	hot glue and tear aid in PSK bag		0		
Personal Tissue 餐巾纸		140 sheets of tissues	1.6	45.35923696		
<b>TOTAL</b>			<b>3.1</b>	<b>87.88352161</b>		-
<b>Miscellaneous 杂项</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Wallet 钱包	-		2.5	70.87380775		
ID & money 身份证及钱	R	in the wallet		0		
Wildlife defense 野生动物防御	???			0		
Fire starting kit 生活装置	R	flint	1.4	39.68933234		
Knife 刀	R	Carbon-steel knife	0.0	0		
Light 照明	R			0		
<b>TOTAL</b>			<b>3.9</b>	<b>110.56314009</b>		-
<b>TOTALS   POUNDS 总计</b>				<b>千克</b>		-
<b>(A) ITEMS ALWAYS WORN OR CARRIED, OR NOT IN PACK 不在包内物品</b>			<b>4.6</b>	<b>2.0695151863</b>		-
<b>(B) ITEMS SOMETIMES WORN OR CARRIED, OR ALWAYS PACKED, A.K.A. "BASE WEIGHT" 基础重量</b>			<b>20.6</b>	<b>9.34400281376</b>		-



(A) + (B) = FULL OUT-OF-SKIN WEIGHT 总重	25.2	11.4135180000	-
--	------	---------------	---

## EASTERN ALASKA RANGE - AUG/SEPT 2011

NOTES

Worn/Carried 穿着及携带	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Shirt 贴身衫	R	Icebreaker-150g	0.0	0		
Underwear 内衣	R	Reebok tight boxer	2.9	82.21361699		
Pants 徒步裤	R	Montbell trekking pant	16.8	476.27198808		
Shoes 鞋	R	Golite timber lite w super feet(鞋垫)	33.6	952.54397616		
Socks 袜	R	high rise and mid 2 pairs 大桥和smartwool两双	8.9	252.31075559		
Gaiters 雪套	-	ID event	2.4	68.03885544		
Headwear 帽子	-	OR GTX 宽边帽	0.0	0		
Trekking poles 登山杖	R	Tigoat APG	8.4	238.13599404		
Watch 手表	-			0		
<b>TOTAL</b>			<b>73.0</b>	<b>2069.5151863</b>		-
Other Clothing 其他衣物	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Second layer 保暖内衣	R	Icebreaker 260g	13.4	379.88360954		
Long Underwear 长内裤		SKINS compress	0.0	0		
Insulated jacket 保暖夹克	R	ASI down vest	6.8	192.77675708		
Shell jacket 防雨上衣	R	RBH VB Jacket	15.1	428.07779881		
Shell pants 防雨裤	R	Cloudevil waterproof softshell pant		0		
Liner gloves 手套内胆	R	Defeet		0		
Shell mitts 连指防水手套	R	Kifaru-handwarmer	0.0	0		
Insulated mitts 连指保暖手套	-			0		
Beanie or hat 暖帽	-			0		
Neoprene socks 潜水袜	-	Gator neoprene socks	4.9	138.91266319		
Eyewear 眼镜	-			0		
Sleeping hat 睡帽		Baby Alpaca Beanie	0.0	0		
Sleeping top 睡衣	R	ASI down vest		0		
Sleeping bottoms 睡裤	R	ASI down pant	6.7	189.94180477		
Sleeping socks 睡袜	R	RBH-VB sock		0		
<b>TOTAL</b>			<b>46.9</b>	<b>1329.59263339</b>		-
Packing 背包系统	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Pack 背包	R	ULA Epic	36.0	1020.5828316		
Pack liner 背包内胆	R	WXtex 65L	10.2	289.16513562		
Stuff sacks 储物袋	-			0		
Food - storage 主食品袋	R	anti gravity hang bag and sealine 20L	15.0	425.2428465		
Food - accessible 单日食品袋	-	Granite Gear airbag #3	1.1	31.18447541		
<b>TOTAL</b>			<b>62.3</b>	<b>1766.17528913</b>		-
Sleeping 睡眠系统	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Bag or quilt 睡袋	R	golite ultra 20 w dry bag	20.8	589.67008048		
Bivy 露营袋		ASI Bivy	9.8	277.82532638		
Pad 睡垫	R	TAR ridgerest S	9.3	263.65056483		
<b>TOTAL</b>			<b>39.9</b>	<b>1131.14597169</b>		-
Food & Water 食品与水	R = REQUIR	Item	Weight ( oz )	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Bottles 水壶	R	nalgene 750ml wide mouth	6.1	172.93209091		

Purification 净水器	-			0		
Bowl/pot 锅或碗	???	Kupilka cup and antigravity gear pot w/ insulation	9.1	257.98066021		
Utensil 餐具	R	bpl fork	0.4	11.33980924		
<b>TOTAL</b>			<b>15.6</b>	<b>442.25256036</b>		-
<b>Packrafting 漂流系统</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Packraft 船	R	Yukon Yak 2010 model	88.4	2506.09784204		
Paddle 桨	R	aqua bound shred	42.5	1204.85473175		
Inflation 充气袋	R	Alpacka Inflation Bag	3.5	99.22333085		
PFD 救生衣	R	the thing w 3 2L bladder the thing和三个1L水袋	7.0	198.4466617		
Gloves 手套		Level Six Neoprene Hand Pogies	4.7	133.24275857		
Pack tie-down 背包固定	R	stock pack tie-down		0		
Stern grab line 船舷绳	R	2mm guywire		0		
Nozzle leash 阀门绳	R	2mm guywire		0		
Patch 补丁		Alpaca Patch	1.0	28.3495231		
<b>TOTAL</b>			<b>146.1</b>	<b>4141.86532491</b>		-
<b>Recording 记录</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Camera/camcorder 相机或摄像机	-	Sigma-DP1	0.0	0		
Tri-pod 三脚架		mini tripod	0.0	0		
Digital voice recorder 录音笔	-			0		
Paper 纸	-	moleskin		0		
Writing 书写装置	-	spacepen	1.4	39.68933234		
<b>TOTAL</b>			<b>1.4</b>	<b>39.68933234</b>		-
<b>Hygiene, Med, Repair 保健医疗和修复</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Toothbrush & paste 牙刷牙膏	R	finger tip toothbrush and small size paste	1.2	34.01942772		
Soap 肥皂	R	hand soap		0		
Skin care 皮肤保养	R	chapstick & sunscreen 50 spf	1.4	39.68933234		
Tapes 胶带	R	duct tape in PSK bag	0.0	0		
Meds 药品	R	adventure medical kits-5	0.0	0		
Bandages 绷带	R	6 large size band-aid	0.5	14.17476155		
Blister protection 水泡处理	R	amk glaciergel	0.0	0		
Sewing kit 缝纫	R	all in one PSK bag	0.0	0		
Glues 胶水	R	hot glue and tear aid in PSK bag		0		
Personal Tissue 餐巾纸		140 sheets of tissues	1.6	45.35923696		
<b>TOTAL</b>			<b>3.1</b>	<b>87.88352161</b>		-
<b>Miscellaneous 杂项</b>	<b>R = REQUIRED</b>	<b>Item</b>	<b>Weight ( oz )</b>	<b>重量 ( 克 )</b>	<b>Pre-Trip Comments (行前期待)</b>	<b>-</b>
Wallet 钱包	-		2.5	70.87380775		
ID & money 身份证及钱	R	in the wallet		0		
Wildlife defense 野生动物防御	???			0		
Fire starting kit 生活装置	R	flint	1.4	39.68933234		
Knife 刀	R	Carbon-steel knife	0.0	0		
Light 照明	R			0		
<b>TOTAL</b>			<b>3.9</b>	<b>110.56314009</b>		-
<b>TOTALS   POUNDS 总计</b>				<b>千克</b>		-
<b>(A) ITEMS ALWAYS WORN OR CARRIED, OR NOT IN PACK 不在包内物品</b>			<b>4.6</b>	<b>2.0695151863</b>		-
<b>(B) ITEMS SOMETIMES WORN OR CARRIED, OR ALWAYS PACKED, A.K.A. "BASE WEIGHT" 基础重量</b>			<b>20.0</b>	<b>9.04916777352</b>		-

(A) + (B) = FULL OUT-OF-SKIN WEIGHT 总重	24.5	11.1186829598	-
--	------	---------------	---