

## PUBLISHED

## EASTERN ALASKA RANGE - AUG/SEPT 2011

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Worn/Carried 穿着及携带	R = REQUIR	Item	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Shirt 贴身衫	R	lbex Indie	317		
Underwear 内衣	R	null	0		
Pants 徒步裤	R	wildthings gear windpant	236		
Shoes 鞋	R	LS fireblade with montrail insole	780		
Socks 袜	R	redhead hunting sock	162		
Gaiters 雪套	-	dirty girl	35		
Headwear 帽子	-		0		
Trekking poles 登山杖	R	Tigoat APG with big snow basket	260		
Watch 手表	-	brunton wind	66		
<b>TOTAL</b>			1856		-
Other Clothing 其他衣物	R = REQUIR	Item	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Second layer 保暖内衣	R	lbex Indie	0		
Long Underwear 长内裤		icebreaker 150	160		
Insulated jacket 保暖夹克	R	ASI down jacket	373		
Shell jacket 防雨上衣	R	RBH VB Jacket	428		
Shell pants 防雨裤	R	HW waterproof skirt	75		
Liner gloves 手套内胆	R	defeat	58		
Shell mitts 连指防水手套	R	hestra	145		
Insulated mitts 连指保暖手套	-		0		
Beanie or hat 暖帽	-		0		
Eyewear 眼镜	-		0		
Sleeping hat 睡帽		RBH mask	59		
Sleeping top 睡衣	R		0		
Sleeping bottoms 睡裤	R	ASI down pant	190		
Sleeping socks 睡袜	R	RBH VB sock	123		
<b>TOTAL</b>			1611		-
Packing 背包系统	R = REQUIR	Item	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Pack 背包	R	HMG porter	700		
Pack liner 背包内胆	R	plastic bag	18		
Stuff sacks 储物袋	-	granite gear	13		
Food - storage 主食品袋	R		0		
Food - accessible 单日食品袋	-	granite gear	31		
<b>TOTAL</b>			0		-
Sleeping 睡眠系统	R = REQUIR	Item	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Bag or quilt 睡袋	R	ASI black 600	975		
Bivy 露营袋		ASI Bivy	277		
Pad 睡垫	R	gossamer gear 1/8	70		
Inner Pad 内睡垫		klymit inertia X lite	173		
<b>TOTAL</b>			1495		-
Shelter 宿营系统	R = REQUIR	Item	重量 ( 克 )	Pre-Trip Comments (行前期待)	
Tent or Tarp 帐篷或天幕	R	lawson cuben 9*10 w guyline and stakes	356		
<b>TOTAL</b>			356		-

Food & Water 食品与水	R = REQUIRED	Item	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Bottles 水壶	R	GSI flask / evernew 2L * 2	173		
Purification 净水器	-		0		
Bowl/pot 锅或碗	R	Kupilka cup and antigravity gear large/ small pot	470		
Utensil 餐具	R	bpl fork/ windsheid / pot handle / lighter	93		
<b>TOTAL</b>			736		-
Packrafting 漂流系统	R = REQUIRED	Item	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Packraft 船	R		0		
Paddle 桨	R		0		
Inflation 充气袋	R		0		
PFD 救生衣	R		0		
Gloves 手套			0		
Pack tie-down 背包固定	R		0		
Stern grab line 船舷绳	R		0		
Nozzle leash 阀门绳	R		0		
Patch 补丁			0		
<b>TOTAL</b>			0		-
Recording 记录	R = REQUIRED	Item	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Camera/camcorder 相机或摄像机	-	Sigma DP1	0		
Tri-pod 三脚架		mini tripod	0		
Digital voice recorder 录音笔	-		0		
Paper 纸	-	moleskin	0		
Writing 书写装置	-	spacepen	0		
<b>TOTAL</b>			0		-
Hygiene, Med, Repair 保健医疗和修复	R = REQUIRED	Item	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Toothbrush & paste 牙刷牙膏	R	finger tip toothbrush and small size paste	445		
Soap 肥皂	R	hand soap	0		
Skin care 皮肤保养	R	chapstick & sunscreen 50 spf	0		
Tapes 胶带	R	duct tape in PSK bag	0		
Meds 药品	R	adventure medical kits .5	0		
Bandages 绷带	R	6 large size band-aid	0		
Blister protection 水泡处理	R	amk glaciergel	0		
Sewing kit 缝纫	R	all in one PSK bag	0		
Glues 胶水	R	hot glue and tear aid in PSK bag	0		
Personal Tissue 餐巾纸		140 sheets of tissues	0		
<b>TOTAL</b>			445		-
Miscellaneous 杂项	R = REQUIRED	Item	重量 ( 克 )	Pre-Trip Comments (行前期待)	-
Wallet 钱包	-		70		
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	0		
Knife 刀	R	Boye folding knife	69		
Light 照明	R		0		
<b>TOTAL</b>			139		-
<b>TOTALS   POUNDS 总计</b>			<b>千克</b>		-

(A) ITEMS ALWAYS WORN OR CARRIED, OR NOT IN PACK 不在包内物品	1.856		-
(B) ITEMS SOMETIMES WORN OR CARRIED, OR ALWAYS PACKED, A.K.A. "BASE WEIGHT" 基础重量	4.426		-
(A) + (B) = FULL OUT-OF-SKIN WEIGHT 总重	6.282		-