## ULTRALIGHT BACKPACKING SPRING TUNE-UP 2024

Karl Riters 3/9/24

#### Tools: Scale & Spreadsheet

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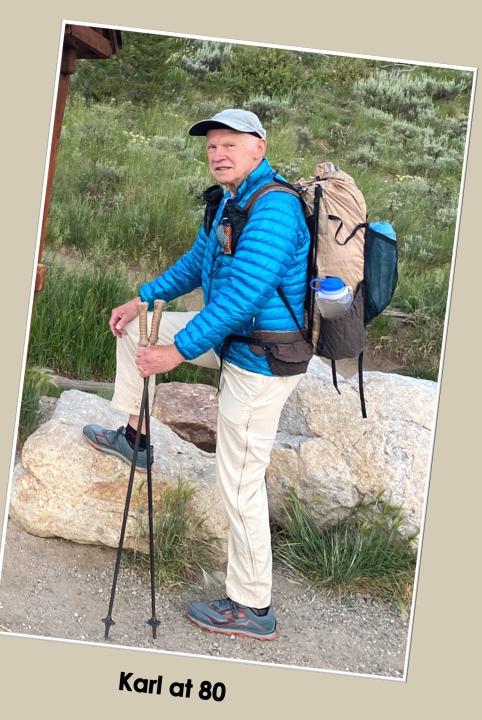
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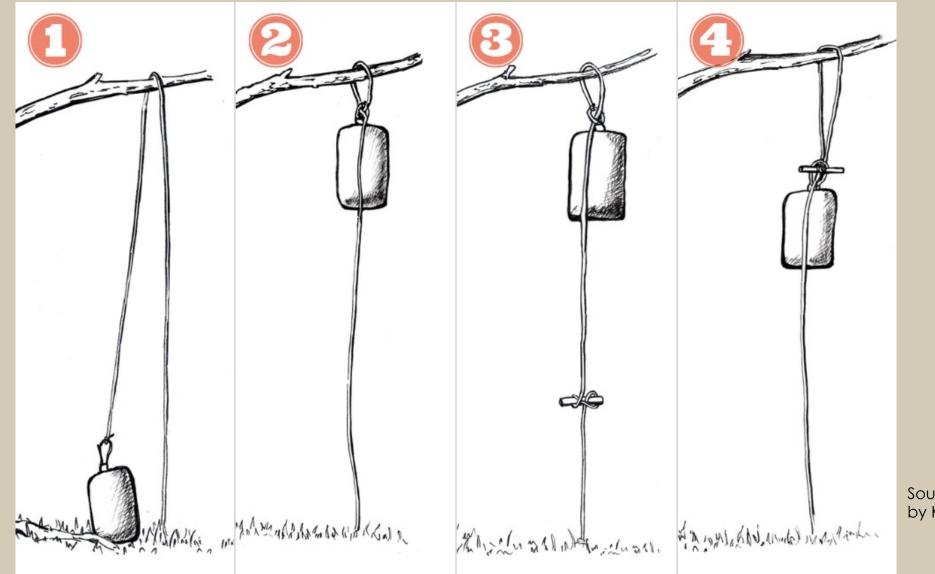


## The Big Three

- Backpack From 5.8 to 1.1 Lbs.
- Shelter Tent from 7.5 to 1.3 Lbs.
- Sleeping System Sleeping bag & pad from 6.7 to 2.1
- Net weight reduction 15.5 Lbs.



## Hanging Food



Source: greenbelly.co by Kelly Hodgkins









### 3-Sleeping System

#### 4-Clothing Packed



# 5-Cooking & Drinking

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#### 9-Worn/ Carried

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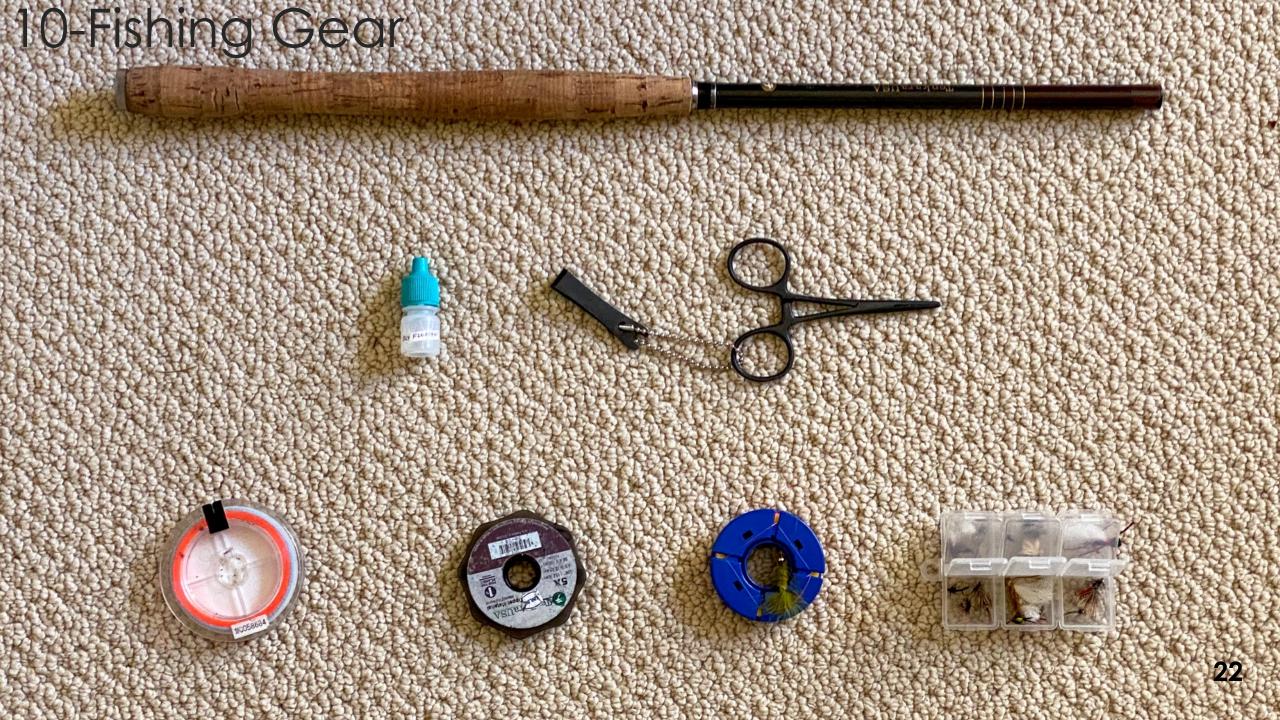
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#### **11-Consumables**



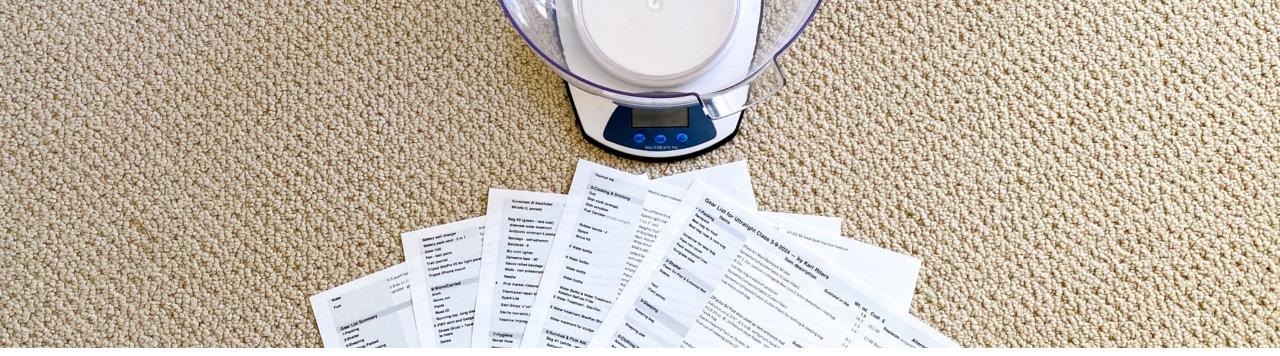
- Daily Dietary Balance
  - Calories 2,000
    - Carbs 25% 55%
    - Fat 20% 40%
    - Protein 15% 35% (150-200g)





Gear List Summary	Weight (lbs.)
1-Packing	1.5
2-Shelter	1.4
3-Sleeping	2.1
4-Clothing Packed	2.7
5-Cooking & Drinking	1.2
6-Survival & First Aid	1.3
7-Hygiene	0.6
8-Gadgets	1.5
9-Worn/Carried	3.7
10-Fishing Gear	0.4
11-Consumables	<u>3.3</u>
Total (skin out)	19.8

Overall Summary	Weight (lbs.)
Base pack weight	12.8
Worn & carried items	3.7
Consumables - 5 day average	3.3
Weight Total (skin-out)	19.8



Karl's Gear List file in Excel format can be downloaded and these presentation Slides can be viewed on the pwv.org website:

Top Tab "News & Info" drilldown => Resources => Ultralight Backpacking Gear List & Presentation Slides.

Those with Excel skills can modify the downloaded spreadsheet to produce their own Gear List. 27

## **Happy Wonderer**

I love to go a-wandering

Along the mountain track

And as I go, I love to sing

My knapsack on my back

Val-deri, val-dera

Val-deri,

Val-deraha, ha, ha, ha, ha,

Valderi, val-dera

My knapsack on my back

I love to wander by the stream

That dances in the sun

So joyously it calls to me

Come join my happy song

Val-deri, val-dera

Val-deri,

Val-deraha, ha, ha, ha, ha,

Valderi, val-dera

Come join my happy song

I wave my hat to all I meet

And They wave back to me

And blackbirds call so loud and sweet

From ev'ry green wood tree

Val-deri, val-dera

Val-deri,

Val-deraha, ha, ha, ha, ha,

Valderi, val-dera

From ev'ry green wood tree

Oh, may I go a-wandering Until the day I die Oh, may I always laugh and sing Beneath God's clear blue sky Val-deri, val-dera Val-deri, Val-deraha, ha, ha, ha, ha, Valderi, val-dera Beneath God's clear blue sky