Checkliste

Shelter	weight in grams	comments
MLD Duo Mid (Cuben, yellow) incl, stuffsack and guylines	409g	
Groundsheet Tyvek	110g	
MLD Superlight Bivi incl stuffsack	200g	
5 Easton Gold Stakes + 4 Titanium Stakes incl stuffsack	115g	
Backpack		
Laufbursche Huckepack DynemaX + Hipbeltpocket	550g	
G. Gear Mariposa Plus	675g	
Sleeping		
T-A-R Neoair S	260g	
T-A-R Z-lite (4 parts)	110g	
Katabatic Gear Sawatch 15 Quilt	680g	
Sea to Summit Silk Liner	150g	keeps the quilt clean
Clothing worn		
New Balance Laufhose kurz	100g	
Icebreaker Merino 150 T-Shirt kurz hell	150g	
Visorcap + Sunglasses	100g	
Salomon XA PRO 3D ULTRA	700g	or similar trailrunning shoes
Merino Socks thin	35g	
D. Girl Gaiters	40g	keeping the gravel out of the shoes
Fizan Compact poles (mod)	300g	
Black Diamond Ultra Distance		
Clothing carried		
Patagonia Nano Puff Pullover	270g	
Fleece Beanie/Neckgaiter/Balaclava combi	40g	
MLD Headnet	15g	
1x Socks Merino cushioned	35g	
Icebreaker Merino underpants short	50g	
MLD Rain Mitts waterproof gloves	38g	raingear
Extremities windstopper gloves	35g	
Haglofs OZO Pullover	202g	raingear/wind
Berghaus Paclite Pant (Goretex)	206g	raingear
Millet Longsleeve	170g	
Kitchen		
Alc Stove + Windscreen	38g	
MSR TItan Kettle 0,85 + Alu Deckel	91g	
Platypus Alcbeutel 500ml	20g	
Besteck Einteilig Titan	9g	
2x Platypus Flasche 1L	70g	
1x Platypus Flasche 2L	35g	
Toiletries		
Dr. Bronners Magic Soap , small mirror, toothbrush, handsanitizer, Compeed, Cetebe, ibu, Superglue, First Aid Kit, Schnur 1,5 m etc, repairkits,	200g	
Aquamirra A+B	65g	water purification
Misc		
MLD Cuben drybag	10g	
Petzl e-lite headlamp	25g	
iPhone 4 + phones	160g	used as GPS
Suunto X-Lander	65g	
Recta Minikompass	10g	
Victorinox mini	21g	
Mini Bic lighter	11g	
Permits, pass, pen, creditcard, cash	150g	
Mini USB Stick (4gb)	3g	
Photography		
Sony NEX-5 inkl. 18-55mm Zoomlens	396g	
SD Cards	34g	aprox. 100 GB
Spare Batteries for cam x3	114g	last 14 days
Additional Gear (Central California/Sierra Nevada/Oregon)		
Bear Vault 500	1000g	Bearcan
Kathoola Microspikes	280g	
Haglofs Microfleece	230g	
Exoficio Bugpant	250g	
Gumpro Mobile Batterie	150g	