Checkliste

Shelter	weight in grams	comments
MLD Solomid SIL/Seamsealed incl. Stuffsack	435g	
MLD Superlight Bivi incl stuffsack	218g	
Groundsheet Tyvek	110g	
7 Easton Blue stakes incl. Stuffsack	96g	
Backpack		
MLD Exodus 55L + bottleholder + hipbeltpocket+2 Z-lite seg	650g	
Lowe TLZ1 photobag with carabiners + ortlieb waterproof liner	309g	
Exped UL waterproof liner	59g	
Salewa Vector UL (Summit bag)	86g	
Sleeping		
T-A-R Neoair XTherm R incl. Stuffsack	Ein	
MLD Quilt (Apex)	680	
Sea to Summit Silk Liner	131g	
Clothing worn		
Exofficio Zipoff Pants	250g	
Orthovox Merion Tshirt	190g	
Visorcap	48g	
Brooks Cascadia	700g	or similar trailrunning shoes
Merino Socks thin	35g	
Ibex Indie Hoody Merino	288g	
Icebreaker Merino underpants short		
Clothing carried		
MH Ghost wisperer Down Jacket	210g	
Buff		
Fleece Hat	29g	
MLD Headnet	15g	
1x Socks Merino cushioned	35g	
Smartwool Merino Long underpants	148g	
Sleepingsocks		
MLD Rain Mitts waterproof gloves	38g	
Extremities windstopper gloves	35g	
Haglofs OZO Pullover (Goretex)	202g	
Berghaus Paclite Pant (Goretex)	206g	
Sleeveless Merino Shirt	105g	
Running shorts	150g	
Kitchen		
Alc Stove + Windscreen	38g	
MSR TItan Kettle 0,85 + Alu Deckel + pot cozy	120g	
Platypus Alcbeutel 500ml	20g	
Titan Spork	9g	
1x 0,5l Water Bottle wide mouth	58g	
1x 2L Platypus	41g	
Victorinox mini	21g	
Mini Bic lighter	11g	
Stuffsack for food	34g	
Toiletries & First Aid		
Dr. Bronners Magic Soap , toothbrush, handsanitizer,tape, ibu, Superglue, Cord 1,5 m etc, repairkits,ducktape, deet, tape;	275g	
MSR Towel	64g	
Misc		
Leki Carbon Poles with ducttape	475g	
Passport, pen, creditcard, cash	100g	
Map/Guidebook	310g	
Recta Compass	29g	
Photography/Electronics		
Fuji X-E1 /18-55 Fujilens	663g	
SD Cards		
Batteries for Fuji x4	172g	
Gorillapod SLR		
Timelapse Remote Control	100g	
ND Filter		
iphone 4 + headphones		
Petzl Tikka headlamp	87g	
Food		
Protein Drink with instant coffee + 2 Cliffbars		breakfast
Crackers, hazelnut/almond butter, nuts		lunch
Snickers, M&Ms, Organic food Bar etc..		snack
Freeze Dried Meal or Noodles with pesto		dinner
Cookies etc		desert
olive oil		
parmesan		
tabasco		