

# Base Weight Gear Checklist

**Base Weight:** The total weight of all items carried in your bag, not including any consumables (food, water, fuel etc.).

**Consumables:** The weight in your bag that is consumed such as food and fuel.

## Instructions

Using a kitchen/postal scale, weigh each of your items and write the weight in the space provided. Larger and bulkier items may need to be weighed inside a bowl with the weight of the bowl subtracted from the over-all weight of the item. Five pound scales tend to work really well and will give you accurate decimal readouts. Once everything has been weighed in each group, add them together for a group total. This will help identify areas for potential improvement. Add all groups together at the end for a total Base Weight. Dividing the total weight of ounces by 16 will give you the weight in pounds (16oz/1 pound).

If you don't have an item on the list, that's ok. Ask yourself if you need that item and if not, simply leave that space blank. If you have multiple items that are not on the list ask yourself if you truly NEED those items. If so, add them to the weight.

## Shelter

**Weight (OZ)**

Body/Bug Net .....	_____
Rain Fly/Tarp .....	_____
Poles .....	_____
Stakes & Guylines .....	_____

Shelter Total

## Pack

Current Bag .....	_____
Exitus 30 .....	<u>18oz</u>
Spina 35 .....	<u>38.5oz</u>
Spina 42 .....	<u>42.5oz</u>

## Sleep System

Quilt/Sleeping Bag .....	_____
Sleeping Pad .....	_____
Bivy Sack .....	_____
Liner .....	_____

Sleep System Total

## Cloths

Puffy Jacket ..... \_\_\_\_\_  
Warm Hat ..... \_\_\_\_\_  
Sun Hat ..... \_\_\_\_\_  
Gloves ..... \_\_\_\_\_  
Base Layer Shirt ..... \_\_\_\_\_  
Base Layer Pants ..... \_\_\_\_\_  
Socks ( \_\_\_\_\_ oz/pair x \_\_\_\_\_ pairs) ..... \_\_\_\_\_  
Underware ( \_\_\_\_\_ oz/pair x \_\_\_\_\_ pairs) ..... \_\_\_\_\_  
Dry Cloths ..... \_\_\_\_\_  
Camp Towel ..... \_\_\_\_\_

Cloths Total

## Rain Gear

Rain Jacket ..... \_\_\_\_\_  
Rain Pants/Kilt ..... \_\_\_\_\_  
Windshirt ..... \_\_\_\_\_  
Waterproof Gloves ..... \_\_\_\_\_

Rain Gear Total

## Cook System

Cook Pot ..... \_\_\_\_\_  
Stove ..... \_\_\_\_\_  
Windscreen ..... \_\_\_\_\_  
Fuel Bottle (Alcohol) ..... \_\_\_\_\_  
Spoon/Spork ..... \_\_\_\_\_  
Knife ..... \_\_\_\_\_  
Cold Soak Container ..... \_\_\_\_\_

Cook System Total

## Electronics

Flashlight/Headlamp ..... \_\_\_\_\_  
Cell Phone ..... \_\_\_\_\_  
GPS/Locator Becon ..... \_\_\_\_\_  
Battery Bank ..... \_\_\_\_\_  
Spare Batteries ..... \_\_\_\_\_  
Charging Cables ..... \_\_\_\_\_  
AC to USB Adaptor ..... \_\_\_\_\_  
Headphones ..... \_\_\_\_\_

Electronics Total

## Emergency Items

First Aid Kit ..... \_\_\_\_\_  
Locator Becon (Omit if Above) ..... \_\_\_\_\_  
Other ..... \_\_\_\_\_

Emergency Total

# Water Purification

Filter \_\_\_\_\_  
 Tablets/Drops \_\_\_\_\_  
 Empty Bottle(s) ( \_\_\_\_\_ oz/Bottle x \_\_\_\_\_ Bottles) \_\_\_\_\_  
 Empty Bladder(s) ( \_\_\_\_\_ oz/Bladder x \_\_\_\_\_ Bladders) \_\_\_\_\_

Water Total

# Toiletries/Hygiene

Wash Cloth \_\_\_\_\_  
 Trowel \_\_\_\_\_  
 Pee Rag (Women) \_\_\_\_\_  
 Tooth Brush \_\_\_\_\_  
 Floss \_\_\_\_\_  
 Contact Lens Care \_\_\_\_\_  
 Glasses \_\_\_\_\_  
 Razor \_\_\_\_\_  
 Mirror \_\_\_\_\_  
 Empty Small Containers ( \_\_\_\_\_ oz/Bottle x \_\_\_\_\_ Bottles) \_\_\_\_\_

Toiletries/Hygiene Total

**Total Base Weight (oz)**   
**/16 = Total Base Weight (lbs)**

### I've got a Base Weight! Now what?

Every bag manufactured has a "comfort rating" for how much they can comfortably carry, including consumables. Frameless bags generally have a maximum comfort rating of only 18lbs while expedition bags can carry north of 50. At Paratus, we design our bags to carry only what you should need for a thruhike and nothing more. Our frameless bags (Exitus Series) match the 18 pound rating for other frameless bags, and our framed bags (Spina Series) are at their best while carrying 35lbs or less. All of our bags can carry more weight if needed, but will very quickly become uncomfortable the more weight you put in them and under continued overloading may develop issues for potential failure.

### Typical Weights to consider

**Water (2lbs/liter):** This is probably one of the heaviest things you will carry. In the desert you'll need more of it, so accounting for at least 4 liters in weight would be a good idea. On the AT, you may only need to carry 1 liter at a time given the amount of water there is available. This would give you 2-8lbs for a full load of water.

**Food & Fuel (2lbs/day):** If you are thruhiking 2lbs/day should give you enough calories to stay well fed while Weekend Warriors may only need 1.5lbs/day. Standard resupplies are about every 4-5 days. This would give you 8-10lbs for a fully supplied bag.

**Hygiene items:** Toilette paper, medicated powder, ointments and anything else that you might need to carry for personal hygiene need to be accounted for as well. These are rather personal to every hiker and can vary wildly, but try to keep these to 1 pound or less.



# Sample Weights for Resupply

## Example Resupply Load for the PCT or CDT w/ Spina 42

Base Weight (15lbs) + Water (8lbs) + 5 Days Food (10lbs) + Hygiene (1lbs)  
34lbs Total Pack Weight

## Example Resupply Load for the AT w/ Spina 42

Base Weight (15lbs) + Water (2lbs) + 5 Days Food (10lbs) + Hygiene (1lbs)  
28lbs Total Pack Weight

## Example Resupply Load for the PCT or CDT w/ Spina 35

Base Weight (10lbs) + Water (8lbs) + 4 Days Food (8lbs) + Hygiene (1lbs)  
27lbs Total Pack Weight

## Example Resupply Load for the AT w/ Spina 35

Base Weight (10lbs) + Water (2lbs) + 4 Days Food (8lbs) + Hygiene (1lbs)  
21lbs Total Pack Weight

## Example Resupply Load for the PCT or CDT w/ Exitus 35

Base Weight (7lbs) + Water (6lbs) + 2 Days Food (4lbs) + Hygiene (1lbs)  
18lbs Total Pack Weight

## Example Resupply Load for the AT w/ Exitus 35

Base Weight (7lbs) + Water (2lbs) + 4 Days Food (8lbs) + Hygiene (1lbs)  
17lbs Total Pack Weight

As you can see the correlation between base weight, duration of resupply and region all play a large factor in choosing the correct bag and maintaining a good amount of comfort. Generally the lighter the base weight, the more comfortable you will be and the more ability you will have to travel farther. Keeping track of your base weight with this list or anything similar, is a great step toward having the best time on trail as possible. Good luck and happy trails!