

## Overnight Backpack, June, Macleay Gorges

Note this includes 4 day's food, 1 litre of water, + everything you are wearing and carrying. *June 2011*

	Mass (kg)		Mass (kg)		Mass (kg)
<b>Camp Essentials</b>	<b>7.02</b>	<b>Toilet Bag (total)</b>	<b>0.18</b>	<b>Map Pouch(incl.3 maps)</b>	<b>0.2</b>
Backpack	1.92	Toothbrush/Paste	0.02	GPS	<b>0.24</b>
TentPegsWandRope	0.4	Soap	0.02		
Tent Inner	0.85	Towel (Camp)	0.1		
Outer	0.8	Mirror	0.02	Food All Trip( =NXFDT)	<b>2.72</b>
Extra Groundsheet	0.28	Razor	0.01	<b>Food Daily Total=FDT )</b>	<b>0.68</b>
4SeasonSleepBag1.92		Container	0.01	Cereal	0.06
Sleeping Bag Sheet	0.13	<b>First Aid (Leader)-total</b>	<b>0.25</b>	Powdered Milk	0.06
AirBed	0.56	Elastic Bandage & Keeper		Milo/Tea/Coffee	0.02
Torch	0.02	Stingose		Sugar (Sub Equal)	0.005
Kovea stove	0.12	Antiseptic		Luncheon Paste	0.005
Windshield	0	Elastoplast		Packet Pasta/Rice	0.12
Gas, 250 g	0.33	Eyewash		Carrots/Peas/Corn	0.06
Big Billy & Lid	0.22	Panadol		Cheese	0.05
Small Billy (0.15)		Sleeping Tablets		Fruit Bars (3x0.05)	0.15
Mug	0.1			Apples/Dried Fruit	0.1
Bowl	0.1	<b>Belt Pouch (total)</b>	<b>0.685</b>	Rice/Custard	0.05
Spoon	0.1	Puratabs	0.02		
Fork	0.1	Ball Point, Pencil	0.015		
Chux	0.005	Waterproof Notebook	0.02		
Nylon Scourer	0.01	Tiny Compass	0.02	Water (1L)+2 Containers	<b>1.1</b>
W'proofLiner	0.075	Whistle	0.03	<b>Wear/Carry</b>	<b>1.69</b>
		Hand Lens	0.02	1 Pair good Joggers	0.9
SuperMini SBag	0.9	Lighter	0.01	Hat	0.1
		Firelighter	0.1	Sunglasses	0.03
		Pocket Knife	0.1	Watch	0.01
<b>Clothesbag</b>	<b>1.94</b>	Comb	0.02	Walking Stick(s?)	
Flyveil	0	Toilet paper	0.03	1underpants	0.05
Goretex Raincoat	0.89	Money+Credit Card	0.02	Light long pants/Shorts	0.2
1underpants	0.05	Sunglasses 0.03		Longsleeved Shirt	0.2
1 pr light long pants	0	Sunscreen	0.02	Hanky	0.01
1 T-shirt	0	Camera	0.24	1 light/1 heavy sox	0.13
2 Hankies	0	Tiny Torch	0.02	Kneeguards+Socktops	0.03
1 light sox	0.04	<b>Spares (total)</b>	<b>0.4</b>	Compass	0.03
1 heavy sox	0.09	Wire	0.02	<b>Grand Total</b>	<b>14.735</b>
LightThermalTop0.23		AA battery (25g x4)	0.1		
Heavy Thermal Top	0.26	Bulbs	0.01	<b>Big Frosts -Add/Substitut</b>	
Heavy Thermal Bottom	0.21	EmergencyPoncho	0.1	Winter Sleeping Bag	1.9
1 pair w'proof pants	0.4	Pencil	0.01	Camp Shoes	0.52
Camp Shoes0.5		Repair Tape	0.09	Down Jacket	0.75
		Safety Pins	0.01		
		Rope	0.06		