

AZT Run Gear List

Backpack	<i>in ounces</i>	
Ultimate DIRECTION 30	24	
Pack Liner	0.75	
Subtotal	24.75	1.55 lb/oz

Shelter		
1.2 Silnylon Tarp (8x8)	17	
Tyvek Ground Cloth	4.2	
Emergency Bivy	5.2	
(6) mini groundhog stakes	2.1	
Subtotal	28.5	1.78 lb/oz

Sleep System		
Jacks R Better 20 Degree Quilt	27.6	
Reactor Extreme liner (modified)	8.1	
Sunyao air pillow & case	5	
Gear Dr Apollo Air 5.2	17.1	
Subtotal	57.8	3.61 lb/oz

Clothing		
REI Down Jacket (orange)	7.65	
MTA running cap	1.9	
base layer gloves - manzella	1	
base layer plastic gloves	0.4	
(2) bike shorts	5.6	
Nepali windbreaker (red)	4.9	
frogger poncho	4.1	
rain skirt	3.4	
long sleeve hoodie	8.2	
short sleeve shirt	4.3	
32 degree longsleeve sleep shirt	5.4	
(2) running bering socks	3.8	
gaiters	1.4	
water socks	2.4	
bandana	0.6	
balaclava	0.7	
arm sleeves	1.4	
leg sleeves	2.6	
towel	1.4	
Subtotal	61.15	3.82 lb/oz

Accessories

Trekking Poles	8	
compass/thermostat/whistle	0.9	
medical kit	7	
recharge battery pack & accesories	14.1	
phone S9	6.4	
petzel headlamp	1.2	
mini candle	0.4	
handheld mini flashlight	0.3	
wallet - cc cards & cash	0.6	
bug net	0.7	
sawyer mini filter	1.7	
tracki tracking device	1.4	
gear cloth	1.3	
storage bag & 50ft rope	2.6	
carabiner	0.8	
Subtotal	47.4	2.96 lb/oz

Cooking gear

cooking can	1.7	
drinking cup	0.4	
titanium spork	0.45	
heat reflector	0.5	
cook stand	1.6	
cleaning cloth	0.2	
cozy	0.6	
mini lighter	0.4	
baggie	0.3	
(2) rubberbands	0.15	
Subtotal	6.3	0.39 lb/oz

Consumables

(2) 23.7 oz water bottles		47.4
(2) fuel cubes		0.8
toilet paper (3 day supply)		2.4
vitamins		

Food (daily)*calories*

protein shake	104	1.2	
chips	155	1	
honey almond butter	180	1.15	
complete cookie	440	4	
energy bloks	100	1.06	
electrolytes	45	0.56	
rx bar	210	1.83	
ramen noodle	370	3	
coffee, vitamins, stevia	0	0.3	
power blend nuts w/ m&m	200	1.13	
Subtotal	1804	65.83	4.11 lb/oz

*trail food is supplemented with food while in town

TOTAL Weight/lbs**14.91 lb/oz**