

Table 1

Item	General Descriptor	Weight (Grams)	Weight (Pounds)	Category	Sub Category	Rainier overnight additions/substitutions	Rainier Ski Hypothetical. Webinar	Rainier Ski weight
						5657		20884
Arc Teryx Alpha SK		928	2.04588979307566	Bags and Packs	Backpack		1	928
Tyvek crampon bag	Like, an old mailing envelope	22	0.048501697680673	Bags and Packs	Bags, other		1	22
Brooks range alpine bothy 4		459	1.01192178342859	Camping	Shelter		1	459
dyneema shoulder length		20	0.044092452436975	Climbing	Cordage		1	20
double length dyneema	Double length climbing sling	47	0.103617263226892	Climbing	Cordage		1	47
tibloc	Basic ascender	41	0.090389527495799	Climbing	Essentials		1	41
Petzl micro traxion	Progress capture pully.	80	0.176369809747902	Climbing	Essentials		1	80
Camp Alp Mountain Harness	Lightweight, ski and alpine harness.	269	0.593043485277321	Climbing	Harness		1	269
Camp Storm Helmet	Climbing certified helmet	261	0.57540650430253	Climbing	Helmet		1	261
30m Petzl RAD rope. Just the rope. Placed in service 5/2016	22.9g/m	687	1.51457574121011	Climbing	Rope		1	687
syn t shirt. avg weight	Synthetic or wool base layer short sleeve shirt	138	0.304237921815131	Clothing	Base layer		1	138
Arc Teryx Phasic sun hoody		143	0.315261034924375	Clothing	Base layer		1	143
Arc Teryx Konseal fleece hoody		304	0.670205277042028	Clothing	Base layer		1	304
Camp g comp warm gloves	Ski touring gloves. Light glove with insulated, integrated cover	114	0.25132697889076	Clothing	Gloves		1	114
Camp geko warm gloves	Mid weight gloves	144	0.317465657546224	Clothing	Gloves		1	144

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Orange Camp Mitts Hot Mitt'n	Super warm mittens.	174	0.383604336201687	Clothing	Gloves		1	174
buff		38	0.083775659630253	Clothing	Hat		1	38
Trucker cap	Sun hat	88	0.194006790722692	Clothing	Hat		1	88
Arc Teryx Atom SL Hoody. Yellow.		255	0.562178768571438	Clothing	Insulating Jacket		1	255
ff Helios	Mid-weight down insulated jacet	505	1.11333442403363	Clothing	Insulating Jacket		1	505
Arc Teryx Phase SL long underwear	base layer pants	105	0.231485375294121	Clothing	Pants		1	105
Arc Teryx Alpha SL pants	Gore Tex pants. Full zip, lightweight	369	0.813505747462198	Clothing	Pants		1	369
Arc Teryx Rush FL pants size medium		625	1.37788913865548	Clothing	Pants		1	625
Arc Teryx blue squamish hoody. medium.		157	0.346125751630258	Clothing	Shell Jacket		1	157
Arc Teryx Alpha FL goretex jacket. Green	Waterproof/ breathable shell jacket	316	0.696660748504213	Clothing	Shell Jacket		1	316
Food. Day trip "snack packs". One one-quart ziplock stuffed full of calorie dense food is a hearty day's fuel.		400	0.88184904873951	Cooking	Food		1	400
RescueMe PLB1		114	0.25132697889076	Electronics	Comms		1	114
Iphone 11 Pro		160	0.352739619495804	Electronics	Comms		1	160
InReach Mini		150	0.330693393277316	Electronics	Comms		1	150
pulse oximeter in case		75	0.165346696638658	Electronics	Health		1	75
Small grocery store battery pack. Hottips brand. 2500 mah	Extra battery capacity for phone	68	0.149914338285717	Electronics	Power		1	68

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Garmin Fenix 5	GPS/Altimeter watch	86	0.189597545478995	Electronics	Record Keeping		1	86
Arc Teryx Norvan LD. Blue. size 9		621	1.36907064816809	Footwear	Approach/hiking shoes.		1	621
Scarpa Alien RS. Size 27. With Intuition Pro tour liners and red superfeet		2104	4.63852599636982	Footwear	Ski boots		1	2104
CAMP SFC Holder		24	0.052910942924370	Other	Essentials		1	24
3 days tp, sanitizer, lighter		50	0.110231131092439	Other	Essentials		1	50
Brunton light compass		50	0.110231131092439	Other	Essentials		1	50
Trash compacter bag		56	0.123458866823531	Other	Essentials		1	56
Reststop /wag bag, empty		77	0.169755941882356	Other	Essentials		1	77
Petzl Actik core headlamp	Headlamp	79	0.174165187126053	Other	Essentials		1	79
maps		100	0.220462262184878	Other	Essentials		1	100
Winter/expedition Day to day "extra stuff". TP, sunscreen, etc		283	0.623908201983204	Other	Essentials		1	283
2019 emergency/ first aid kit. In Yellow Sea To Summit Dry bag. Comprehensive.		605	1.33379668621851	other	Essentials		1	605
BD Helios Poles. Pair		328	0.723116219966398	ski gear	Poles		1	328
Spring 2019 ski repair kit		471	1.03837725489077	ski gear	Ski daily		1	471
Contour hybrid skins for Blizzard Zero G 95 178cm		552	1.21695168726052	ski gear	Skins		1	552

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Blizzard Zero G with TLT Speed bindings		3287	7.24659455801693	ski gear	Skis		1	3287
100mm ski crampons.		200	0.440924524369755	ski gear	Spikes		1	200
Camp corsa nanotech red ice axe		240	0.529109429243706	Snow and Ice	Axe		1	240
Camp Red tech crampons	Aluminum, clipped-on crampons with steel front points	468	1.03176338702523	Snow and Ice	Crampons		1	468
CAMP 240 cm carbon probe		130	0.286600940840341	Snow and Ice	Essentials		1	130
Pieps Micro BT Transceiver	Avalanche Transceiver	200	0.440924524369755	Snow and Ice	Essentials		1	200
little blue bca shovel	Avalanche rescue shovel	600	1.32277357310927	Snow and Ice	Essentials		1	600
13cm BD ultralight ice screw		84	0.185188300235297	Snow and Ice	Protection		1	84
Kaenon Hardcore glasses		35	0.077161791764707	Sun and Eye Protection	Sun and Eye Protection		1	35
Julbo glacier glasses		56	0.123458866823531	Sun and Eye Protection	Sun and Eye Protection		1	56
week of sunscreen in little bottle		80	0.176369809747902	Sun and Eye Protection	Sun and Eye Protection		1	80
Giro goggles, in case, with spare lens		262	0.577611126924379	Sun and Eye Protection	Sun and Eye Protection		1	262
full 32 oz gatorade bottle		1025	2.259738187395	Other	Essentials		2	2050
small locker. avg	Any old locking carabiner	50	0.110231131092439	Climbing	Locking Carabiner		4	200
bd ski strap		35	0.077161791764707	Other	Essentials		4	140
Camp Nano 22	The best carabiner on the market	22	0.048501697680673	Climbing	Non-locking Carabiner		5	110

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Arc Teryx Alpha FL 45 pack	45L frameless alpine pack	666	1.46827866615128	Bags and Packs	Backpack	1		0
thermarest repair kit		10	0.022046226218487	Camping	Camping, other.	1		0
Hilleberg Nallo 3 Inner part		864	1.90479394527734	Camping	Shelter	1		0
Hilleberg Nallo 3 Fly and poles		1438	3.17024733021854	Camping	Shelter	1		0
FF Lark +10 sleeping bag	Down insulated +10f rated.	900	1.9841603596639	Camping	Sleeping Bag	1		0
neoir x therm in bag. New August 2018	Winter Thermarest. Size "regular"	433	0.95460159526052	Camping	Sleeping Pad	1		0
Titanium snow melt mug		55	0.121254244201683	Cooking	Food and water prep, Other	1		0
BRS 30t stove.		28	0.061729433411765	Cooking	Stove	1		0
Small reactor, burner, pot, hanger		426	0.939169236907578	Cooking	Stove	1		0
Battery pack with integrated cord. EasyAcc brand. 6000 mah	Extra battery capacity for phone	147	0.32407952541177	Electronics	Power	1		0
lighter		20	0.044092452436975	Cooking	Food and water prep, Other	2		0
Fuel. Winter. Canisters. Mid weight. 2.5 oz per person per day.		70	0.154323583529414	Cooking	Fuel	2		0
Food. Lightweight. Just add water. Hardcore. Note person days in weight column	Freeze dried or couscous or other "just add water" dinner. Same for breakfast. Hot drinks. Lunch and snack foods. Weight is per day, approximately.	600	1.32277357310927	Cooking	Food	3		0