

Packing List from our 2012 Hike on the Via de la Plata

PEG	weight in oz	Russ	weight in oz	Shared Stuff	weight in oz
Short-sleeve tee shirt	4.00	Short-sleeve tee shirt	4.00	laundry soap	3.25
Long-sleeve tee shirt	6.75	Long-sleeve tee shirt	6.25	scissors, nail clippers, file	3.25
travel pants	11.50	trekking pants	18.50	medicines, 1st aid, foot stuff	11.00
bra	1.75	Short-sleeve collared shirt	8.00	Many ziplocks qt & gal	4.00
panties	1.00	briefs	2.00	toilet paper	2.50
poncho	13.50	poncho	13.50	adapter plug	2.25
wool socks	3.50	wool socks + sock liners	2.50	1 extra AAA battery	1.00
sock liners	1.00	boxers for sleeping	4.75	digital recorder	1.75
jacket	9.25	jacket	13.50	big safety pins + cable ties	1.00
hat & bandana	4.00	belt	3.00	house and car keys	1.50
Extra Shoes (Propet)	12.00	hat	3.25	duffel bag	8.00
		Extra Shoes (Propet)	14.00	jack knife + corkscrew	2.50
Clothing Subtotal	68.25		93.25	guide book pages	2.50
razor	1.00	shaver	4.00	To share with partner or carry yourself if walking solo	44.50
hair brush	1.00	comb	0.25	Shared items in pounds	2.78
deodorant and dental floss	2.00	deodorant and dental floss	2.00		
toothbrush	0.75	toothbrush	0.75		
toothpaste	1.00	toothpaste	1.00		
Sunglasses + case	1.50	glasses + case	2.50		
Glasses	1.50	shampoo	2.75		
shampoo + hair stuff	4.00	body soap	2.00		
body soap	2.00				
Toiletries subtotal	14.75		15.25		
iphone & charger	7.50	camera battery charger	3.25		
iphone case	1.50	camera	7.50		
papers and passports	4.25	iphone & charger	7.50		
wallet full of euros	4.00	iphone case	1.50		
		papers and passports	4.25		
		wallet weighed empty	2.00		
Electronics & Paper Subtotal	17.25		26.00		
ear plugs	1.00	ear plugs	1.00		
sleep sack	15.50	sleep bag	25.50		
towel	5.00	towel	5.00		
Water bottles empty (3)	8.00	Water bottles empty (3)	8.00		
pack	62.00	pack	67.00		
Belly pack	3.25	Belly pack	3.25		
Pack and items	94.75		109.75		
Total in ounces without shared items or water	206.75		244.25		
	12.9 lbs		15.26 lbs		
Items worn + poles					
boots	44.00	boots	58.00		
orthotics	2.25	orthotics	2.25		
Short-sleeve tee shirt	4.00	Short-sleeve tee shirt	2.50		
convertible pants	11.75	Short-sleeve collard shirt	8.00		
bra	2.25	convertible pants	16.50		
panties	1.00	briefs	2.00		
wool socks	2.5	wool socks + sock liners	2.5		
scallop shell	0.50	scallop shell	0.50		
Hiking Sticks	20.00	Hiking Sticks	20.00		
Water per person @ 1 cup/2 miles					
Water on a 12 mile day without a place to refill	48.00	3lbs			
Water on a 20 mile day without a place to refill	80.00	5lbs			