

RUSS 2014	plan	wt. in pack	To Share	wt in oz
boots	wear		shampoo	0.50
Short-S collared shirts	bring or wear 1	6.00	laundry soap	0.50
t-shirts (2)	bring 1, wear 1	4.75	body soap	0.50
Long-S. tee shirt + 2briefs	wear 1, pack 1 brief	9.50	sunscreen & hand wipes	1.00
Long sleeve collared shirt		7.00	medicines/first aid	11.00
boxers		4.75	toilet paper	2.50
2 wool socks + 2 liners	bring 1, wear 1	4.00	scissors	1.00
trekking pants	wear		nail clippers; file	2.25
trekking pants II		10.90	jackknife	1.75
poncho		10.75	duffel	8.00
jacket (shell)		10.50	cable ties	0.25
hat		3.00	Brierly - Portugal	8.25
Extra Shoes (Vibrabarfoot)		9.50	Brierly - Finisterre	4.25
Clothing subtotal		80.65	corkscrew	2.00
shaver		4.00	dental floss	0.75
comb		0.25	Many ziplocks qt & gal	2.50
deodorant		1.25	big safety pins	0.75
toothbrush		0.50	clothesline	0.75
toothpaste		1.00	ear plugs	1.00
eyeglasses & case		2.50	house key	0.75
Toiletries subtotal		9.50		50.25 oz
i-phone & charger & case		11.00		3.14 lb
backup phone battery		6.00		
papers and passports		2.25	Note: Propet Voyagers = 14 oz.;	
wallet (weighed empty)		2.00	Salomon Amphibians = 28.8 oz	
Electronics Subtotal		21.25	Vibrabarefoots = 9.5 oz.	
Water bottle, 1 liter full x half		18.50		
scallop shell		0.50		
Hiking Sticks	carry			
pack		35.25		
sleeping bag		25.50		
Pillowcase		3.50		
towel		5.00		
Pack subtotal		199.65		
2/3 of Shared Items		33.67		
Grand total pack		233.32 oz		
		14.58 lb		

