

Ruaepehu Around the Mountain Circuit			Notes
	Details: gear for a 70km 3 day hike around mount ruaepehu starting at whakaapa. Nighttime temperatures expected to dip below freezing. Huts are available, but I will plan to stay in a tent for solitude. Conditions will vary between desert, alpine, and forested climates, but I do not expect daytime temperatures to be very hot.		trip ended up taking only two days. Stayed in the hut the second night because no-one else was there and there was not a suitable campsite. Water was plentiful. Very challenging hike as far as altitude gain is concerned. Success :)
	<b>Ryan's Gearlist</b>	<b>Packed</b>	<b>Worn/ Carried</b>
	<b>Clothing worn and items carried</b>	<b>(oz)</b>	<b>(oz)</b>
<b>Baselayer top</b>	Driluxe Undershirt		
<b>Base layer Bottom</b>	Spandex Support Boxer Briefs		
<b>Hiking Top</b>	Kathmandu Saddle Merino L/S zip neck hoodie		9.2 awesome, should have started using thumb loops sooner to protect hands from sunburn.
<b>Hiking pant</b>	Kathmandu Kinabalu Pants		13.9 great, dried very quickly! shed water well. merino garments took a long time to dry
<b>Trail Shoes</b>	Kathmandu Fletcher NGX shoes		22.0 were okay. Very light and comfortable, but dried very slowly. not a lot of support
<b>Socks</b>	Smartwool Phd light mini socks		1.4 these were old and pretty much all of the cushioning was gone. needs replacing
<b>Sun Hat</b>	Outdoor Research Active Ice Legionnaire Hat		2.4 thumbs up, in hotter weather I would prefer to use a visor and the hood on my shirt for sun protection.
<b>Eye Protection</b>	cheap sunglasses		0.8
<b>Watch</b>	Timex Marathon watch		1.9
<b>Trekking Poles</b>	Kathmandu Fizan Lite Trekking Poles		12.6 these have taken a lot of abuse and still going. no complaints. never use the straps though, could remove.
<b>Camera</b>	iPhone 5s in lifeproof case		5.1 case starting to crack, not trusted as full waterproof, needs replacing.
	<b>TOTAL</b>		<b>69.3</b>
	<b>Other Clothing</b>	<b>(oz)</b>	<b>(oz)</b>
<b>Hardshell Top</b>	Macpac Hightail anorak		6.2 did not get to fully test, but wore in dewy morning, looking good so far. super light!
<b>Hardshell Pant</b>			did not need, pants were repellant enough for dew and dried quick.
<b>Wind shell</b>	Montbell Dynamo Wind Parka		5.1 not the lightest, but testing. was a great addition. Had high winds through desert and was glad I had this. great hood design, light, with reinforced panels I did not worry about durability. love it.
<b>Insulating Top</b>	Montbell Thermawrap Sport Parka		11.1 warm enough for this trip. liked having the hood over my pullover. not warm enough for colder trips.
<b>Insulating Bottom</b>	Mac pac Merino 150 Pant		5.9 great addition for sleeping setup. Because I had a wood stove in hut, I slept in only these and my merino hood for half the night until the fire died down.
<b>Sleeping Socks</b>			did not need for this trip,
<b>Extra Socks</b>	Smartwool Phd light mini (extra pair)		1.4 need replacing, worn down cushioning lead to sore feet and blisters
<b>Liner Glove</b>	Black Diamond Powerstretch gloves		1.7 did not use
<b>Waterproof Glove</b>	Mountain Laurel Designs eVent over mitt		1.2 did not use
<b>Warm Hat</b>			not needed with hood on shirt and jackets
	<b>TOTAL</b>	<b>32.6</b>	
	<b>Sleeping and Shleter</b>	<b>(oz)</b>	<b>(oz)</b>
<b>Tent</b>	Yama Mountain Gear Swiftline		33.9 not the lightest, but testing new tent
<b>Sleeping Bag</b>	Nunatak Arc Ghost sleeping Quilt		16.0 perfect warmth for this trip. too warm for in the hut and wood stove. would like a bit more girth.
<b>Mattress</b>	Thermarest ProLite short		10.8 not really cutting it anymore. would like a full length neolair, or just go with foam that is warmer
<b>Accessories</b>	Kathmandu V Slakes (7) & Ti skewer (2)		2.8 great holding power no the v stakes. will replace with Ti
<b>Accessories</b>	Yama Guylines, shock cord and Linelocs		1.7 hi vis, strong, the linelocs are super handy
<b>Accessories</b>	Si nylon Stake Bag		0.1 been using for years.
	<b>TOTAL</b>	<b>65.3</b>	
	<b>Packing</b>	<b>(oz)</b>	<b>(oz)</b>
<b>Backpack</b>	Kathmandu Altai v2 50L Backpack		45.6 a bit overkill for this weight, but testing new pack
<b>Stuff Sacks</b>	Yama Sil Nylon Stuff Sack (tent)		0.6 will replace with cubes version
<b>Stuff Sacks</b>	Outdoor Research Helium Ditty Bag sm (cooking g		0.4 will replace with dyneema bag
<b>Stuff Sacks</b>	Yama Dyneema Stuff Sack Schmedium (essentials		0.2 perfect size
<b>Stuff Sacks</b>	Yama Dyneema Stuff Sack Large (Clothing)		0.3 really impressed with these new cubes bags. I like that you can see through them.
<b>Stuff Sacks</b>	Yama Dyneema Stuff Sack XL (sleeping bag)		0.5 bigger than needed for this sleeping bag. but liked that it filled up the pack
<b>Stuff Sacks</b>	outdoor research UL stuff sack 35L (food bag)		1.4 bigger than I need
<b>Pack Liner/Cover</b>	Kathmandu Large Pack Cover		4.4 will replace with dyneema
	<b>TOTAL</b>	<b>53.4</b>	
	<b>Cooking and Hydration</b>	<b>(oz)</b>	<b>(oz)</b>
<b>Stove</b>	Supercat Alcohol stove & Windscreen		0.4 worked just fine, slow to boil, but did not mind
<b>Fuel Bottle</b>	Mac pac mini squeeze bottle		0.7 worked fine, would like one that could stand up
<b>Mug/Pot/Bowl</b>	Snow peak Titanium Mug and Lid		3.8 no complaints :) love it
<b>Utensil</b>	Light my Fire mini spork		0.3 great, but a bit flimsy, would prefer Ti
<b>Fire Starting</b>	32 count matchbook and mini bic lighter		0.4 did not use matches
<b>Water Storage</b>	Platypus 1L water bottles (x2)		1.6 been using for years
<b>Bear Bag Rope</b>			
	<b>TOTAL</b>	<b>7.2</b>	
	<b>First Aid &amp; Repair</b>	<b>(oz)</b>	<b>(oz)</b>
<b>First Aid Kit</b>	First aid (minor wound care/meds)		1.0 did not use
<b>Footcare Kit</b>	Footcare (2ft. Leukotape)/tinture of benzoin ampul		0.3 leuko tape was life save with blisters, need replacing in my kit.
<b>Repair Kit</b>	Repair (Duct tape/superglue/needle/thread/		1.0 did not use
<b>Skin Lubricant</b>	.25oz balm jar for Vasaline		0.1 life save for chafing. Applied once at start and was fine for 2 days
<b>UV Protection</b>	Small tube of Dermatone chapstick		0.1 did not use
<b>UV Protection</b>	.25oz balm jar for Dermatone		0.1 used only on hands. shirt and hat gave good protection everywhere else
	<b>TOTAL</b>	<b>2.6</b>	
	<b>Toiletries</b>	<b>(oz)</b>	<b>(oz)</b>
<b>Tooth Brush</b>	Kathmandu Travel Toothbrush		0.6 nice to have full length toothbrush for a change
<b>Soap</b>	1oz drop bottle for Dr. bronners		0.4
<b>Toilet Paper</b>	5"x4" aloksack for TP		0.2 did not use
<b>Wet Wipes</b>	5"x4" aloksack for wet wipes		0.2 used only one
<b>Cleaning Towel</b>	9"x10" packtowl ultralight		0.2 very handy for cleaning pot
	<b>TOTAL</b>	<b>1.6</b>	
	<b>Recording &amp; Navigation</b>	<b>(oz)</b>	<b>(oz)</b>
<b>Wallet</b>	5"x4" aloksack		0.2
<b>Pen</b>	ball point pen		0.2
<b>Journal</b>	use back of maps		0.0
<b>Map Case</b>	Aloksack 12"x12" for maps,guidebook, nav. Material		0.7 better size than 9x10 I was using before
<b>Compass</b>	Kathmandu Compass		1.7 bigger than I need
<b>PLB</b>			
	<b>TOTAL</b>	<b>2.8</b>	
	<b>Other essentials</b>	<b>(oz)</b>	<b>(oz)</b>
<b>Bug Protection</b>	mosquito head net		0.8 did not use
<b>Bug Protection</b>	small bottle of DEET		0.2 did not use
<b>Emergency</b>	lanyard ( whistle, photon light, mini swiss knife)		1.6 did not use
<b>Headlamp</b>	Kathmandu Raven 35 head torch		2.5 not a wide beam of light, prefer my petzl tikka plus. but it is nice a light
<b>Emergency</b>	Fire starting (Esbit,wet fire linder,candles,storm m		0.3 did not use, found an old mini candle at hut to help start fire.
	<b>TOTAL</b>	<b>5.4</b>	
	<b>Totals</b>	<b>(oz)</b>	<b>(lbs)</b>
	<b>Items Worn or carried</b>	<b>69.3</b>	<b>4.3</b>
	<b>Base Pack Weight</b>	<b>170.9</b>	<b>10.7</b>

<b>Consumables &amp; Other not included in Base Pack Weight or Food</b>			
	<b>Items</b>	<b>(oz)</b>	<b>(oz)</b>
<b>Water Purification</b>	Aquatabs water purification tablets (20x)	0.8	
<b>Fuel</b>	Denatured Alcohol (4oz)	4.0	
<b>Lubricant</b>	Vaseline (.25oz)	0.4	
<b>Sun protection</b>	Dermatone (.25oz)	0.4	
<b>Soap/toothpaste</b>	Dr. Bronners soap (.5oz)	0.6	
<b>Toilet Paper</b>	Toilet paper tiles (20x)	0.2	
<b>Wet Wipes</b>	Baby Wipes (6x)	0.7	
<b>Vision</b>	Focus Daily wear contact lenses (5 pair)	1.4	
<b>Navigation</b>	Maps & guidebook pages, hut passes	0.8	
<b>Batteries</b>	spare AAA lithium batteries/2600mah powerbank	3.9	
	<b>Totals</b>	<b>(oz)</b>	<b>(oz)</b>
	<b>Consumables &amp; Other</b>	<b>13.2</b>	
<b>Food</b>			
	<b>Electrolyte and vitamin supplements</b>	<b>(cal)</b>	<b>(oz)</b>
	1 liter Vitasport (electrolyte supplement)	115.0	3.1
	<b>Totals</b>	<b>115.0</b>	<b>3.1</b>
	<b>Breakfast</b>	<b>(cal)</b>	<b>(oz)</b>
	Flavored Oats Big Bowl	180.0	1.7
	Bumper Bar	340.0	2.9
	Energy nut mix	240.0	1.4
	<b>Meal Totals</b>	<b>760.0</b>	<b>6.0</b>
	<b>Snack 1</b>	<b>(cal)</b>	<b>(oz)</b>
	2x fruity snacks	115.0	1.4
	<b>Snack 2</b>	<b>(cal)</b>	<b>(oz)</b>
	Cliff Bar	260.0	2.7
	<b>Snack 3</b>	<b>(cal)</b>	<b>(oz)</b>
	pretzels	215.0	1.9
	<b>Snack 4</b>	<b>(cal)</b>	<b>(oz)</b>
	Chocolate Bar	240.0	
	<b>Snack 5</b>	<b>(cal)</b>	<b>(oz)</b>
	Candy Bar	280.0	1.9
	<b>Snack 6</b>	<b>(cal)</b>	<b>(oz)</b>
	Pringles	260.0	2.5
	<b>Snack 7</b>	<b>(cal)</b>	<b>(oz)</b>
	Oreos	330.0	2.5
	<b>Meal Totals</b>	<b>1700.0</b>	<b>12.9</b>
	<b>One of these Dinners</b>	<b>(cal)</b>	<b>(oz)</b>
	Dehydrated meal	840.0	5.9
	<b>One of these Desserts</b>	<b>(cal)</b>	<b>(oz)</b>
	Snickers Bar	250.0	1.8
	Candy Bar	280.0	1.9
	<b>Meal Totals</b>	<b>1105.0</b>	<b>7.8</b>
	<b>Totals</b>	<b>(cal)</b>	<b>(oz)</b>
	<b>Day Totals</b>	<b>3680.0</b>	<b>26.7</b>
	<b>Trip Totals</b>	<b>11040.0</b>	<b>80.0</b>
<b>TOTALS (at start of trip)</b>			
	<b>Pack and all Pack Contents</b>	<b>264.1</b>	<b>16.5</b>
	<b>Full Skin out weight</b>	<b>333.4</b>	<b>20.8</b>