

<b>Typical Desert Stage Race Equipment List</b>			
<b>Item</b>	<b>Weight (oz)</b>	<b>Weight (oz)</b>	<b>Brand/Comments</b>
200 euros equiv./credit card	1.0		Required emergency funds
Passport	0.8		
EKG	-		As required
Medical Form	-		As required
Food listing	-		As required
Pack	23.5		Raidlight Evolution 2
Sleeping Bag	16.0		Western Mountaineering Highlight with stuff sack
Pad	8.0		Thermarest Z lite Sol sm - cut down or Thermarest Neo air Xlite small
Water Bottles	12.0		Raidlight with holders (2 ea @750 ml)
Headlamp/batteries	3.1		Petzl Tekka XP 2 with lithium batteries
Lithium Batteries (3)	0.8		Energizer AAA
Safety pins	0.2		two large and eight small
Compass	1.0		Silva basic
Lighter	0.5		Small - get in country
Knife	0.8		Leatherman "Style", includes scissors
AB ointment	0.5		0.5 oz tube
Venom pump	1.1		Sawyer Extractor and one tip. No case
Mirror	0.5		Ultimate Survival Micro Flash
Whistle	0.0		Built into pack and headlamp
Survival sheet	1.9		Space brand small
Tracking beacon	12.0		Provided by organization
Salt Tablets	2.0		SaltSticks or Ecaps
Light Sticks	-		Provided by organization
Stove/windscreen	0.9		Esbit Titanium Wing plus DIY windscreen
Stove fuel	4.0		Esbit, order for delivery to race
Spork	0.3		Sea to Summit Alpha lite
Cup	1.9		MSR Titan Titanium
AL foil	0.2		2 square ft
First Aid/Medications	2.0		Band-Aids, gauze pad, suture strips, alcohol wipes, vitamins, Aleve, Ciprofloxacin, Imodium, Sudafed, Tylenol, Benadryl, Cough drops, etc.
Blister kit	2.0		Rock Tape 2" (6yds), Rock Tape 1" (3 yds), Rock Tape 3: (1 yd), needles/hypodermic, Tinc of bensoate ampoules (6 ea), alcohol wipes.
Sunscreen	0.7		SPF 30 or better
Lip balm	0.4		small tube
EZ towels	0.9		Compressed wipes, 10 each
Toliet Paper	2.0		3/4 roll with tube removed
Hand Sanitizer	1.3		0.5 oz
Cord	0.1		3 feet very light bungie cord
Zip Ties	0.1		4 small ones
Duct Tape	0.7		Small roll 2"x50"
Ear plugs	0.1		2 pairs
Wisps toothbrushes	0.6		six each
Q-tips	0.2		12 each
Camera/extra battery	7.5		
Pen/notebook	1.9		Journal
Soap	0.2		small piece
Sportslick	0.9		Or equivalent body glide
Sew kit	0.1		needels/thread
Tenacious Repair tape	0.1		2x2 inch
Assorted Zip-loc bags	0.5		
Sport Watch	-		

<b>Clothing</b>			
Shorts, compression	5.6	5.6	two each
Shirt, race	-	4.8	short sleeve
Shirt, long sleeve	2.0		Raidlight Desert shirt
Socks	3.0		Injinji/Wrightsocks 2 pairs each
Jacket	1.6		Montbell Tachyon
Comprsion shin sleeves	1.0		
Buff	-	1.4	
Hat	-	2.0	Salomon XA+, white
Race shoes	-	?	
Gaiters	-	2.0	Raidlight or home made
<b>Equipment Total</b>	128.5	15.8	oz
	8.0	1.0	lbs
	3.7	0.4	kg
<b>Race Food</b>	144.0		6 days at approximately 24 oz/day
	9.0		lbs
	4.1		kg
<b>Total</b>	272.5		oz
	17.0		lbs
	7.7		kg