

Typical High Desert Stage Race Equipment List

Item	Weight (oz)	Weight (oz)	Brand/Comments
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
Spare Headlamp	1.5		Black Diamond
Strobe	0.9		Nathan
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
Mirror	0.5		Ultimate Survival Micro Flash
Whistle	0.0		Built into pack and headlamp
Survival sheet	1.9		Space brand small
Salt Tablets	2.0		SaltSticks or Ecaps
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
Toilet Paper	2.0		3/4 roll with tube removed
Hand Sanitizer	0.8		0.5 oz
Cord	0.1		3 feet very light bungee 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		needles/thread
Tenacius Repair tape	0.1		2x2 inch
Assorted Zip-loc bags	0.5		
Sport Watch	-		
Clothing			
Shorts, compression	5.6	5.6	two each

Shirt, race	-	4.8	short sleeve
Shirt, long sleeve	2.0		Raidlight Desert shirt
Buff	-	1.4	
Hat	-	2.0	Salomon XA+, white
Socks	3.0		Injinji/Wrightsocks 2 pairs each
Rain Jacket	5.7		OR Heleium II
Jacket	5.6		Montbell EX Light Down Jacket
Comprsion shin sleeves	1.0		
Race shoes	-	?	
Gaiters	-	2.0	Raidlight or home made
Cooling Sleeves	-	1.0	Zoot
Equipment Total	122.1	16.8	oz
	7.6	1.1	lbs
	3.5	0.5	kg
Race Food	156.0		6.5 days at approximately 24 oz/day
	9.8		lbs
	4.4		kg
Total	278.1		oz
	17.4		lbs
	7.9		kg