

Typical Sub Arctic Stage Race Equipment List			
Item	Weight (oz)	Weight (g)	Brand/Comments
200 euros equiv./credit card	1.0	28.3	Emergency funds
Passport	0.8	22.6	
Pack	28.0	792.4	Raidlight Evolution 2
Sleeping Bag	16.0	452.8	Enlightened Equipment Revolution Quilt
Pad	8.0	226.4	Thermarest Neo air Xlite small
Water Bottles	6.4	181.1	2 ea @750 ml
Extra 500 ml soft flask	1.1	31.1	WAA
Headlamp/batteries	3.9	110.4	Petzl Tekka RXP with lithium batteries
Spare light	0.5	14.2	Small pinch light
Strobe	0.9	25.5	Nathan
Lithium Batteries (3)	0.8	22.6	Energizer AAA
Safety pins	0.2	5.7	two large and eight small
Lighter	0.5	14.2	Small - get in country
Knife	0.8	22.6	Leatherman "Style" and/or Baladeo ECO131
AB ointment	0.5	14.2	0.5 oz tube
Mirror	0.5	14.2	Ultimate Survival Micro Flash
Whistle	0.0	0.0	Built into pack and headlamp
Survival Bivi	3.7	104.7	SOL Emergency Bivi
Spork	0.3	8.5	Sea to Summit Alpha lite
Cup	1.9	53.8	MSR Titan Titanium
First Aid/Medications	2.0	56.6	Band-Aids, gauze pad, suture strips, alcohol wipes, vitamins, Aleve, Ciprofloxacin, Imodium, Sudafed, Tylenol, Benadryl, Cough drops, etc.
Compression Bandage	1.7	48.1	
Blister kit	2.5	70.8	Rock Tape 2" (6yds), Rock Tape 1" (3 yds), Rock Tape 3: (1 yd), needles/hypodermic, Tinc of bensoate ampoles (6 ea), alcohol wipes
Sunscreen	0.7	19.8	SPF 30 or better
Lip balm	0.4	11.3	small tube
EZ towels	0.9	25.5	Compressed wipes, 10 each
Toilet Paper	2.5	70.8	3/4 roll with tube removed
Hand Sanitizer	0.8	22.6	0.5 oz
Cord	0.1	2.8	3 feet very light bungie cord
Zip Ties	0.1	2.8	4 small ones
Duct Tape	0.5	14.2	Small roll 2"x50"
Ear plugs	0.1	2.8	2 pairs
Wisps toothbrushes	0.6	17.0	six each
Q-tips	0.2	5.7	12 each
Camera/extra battery	7.0	198.1	
Pen/notebook	1.9	53.8	Journal
Soap	0.2	5.7	small piece
Sportslick	0.9	25.5	Or equivalent body glide. Small container

Sew kit	0.1	2.8	needels/thread	
Tenacius Repair tape	0.1	2.8	2x2 inch	
Alocksaks/ziplocs	1.5	42.5		
Dry Bags	2.0	56.6		
Head Net	0.8	22.6		
Clothing				
Shirt, long sleeve	4.7	133.0		
Tights	7.6	215.1		
Rain Coat	6.8	192.4	Raidlight	
Rain Pants	3.8	107.5	Raidlight	
Jacket	4.8	135.8	Montbell EX Light Down Jacket	
Socks	3.7	104.7	Injinji/Wrightsocks 3 extra pairs	
Socks	2.8	79.2	Seal Skins	
Gloves	2.5	70.8	Seirus	
Beenie	1.7	48.1		
Comprsn shin sleeves	1.6	45.3		
Race Clothing				
Shorts, compression	5.6	158.5	CWX (1 each)	
Shirt, race	4.8	135.8	2XU short sleeve	
Buff	1.4	39.6		
Hat	2.0	56.6	Salomon XA	
Shoes		0.0	La Sportiva Crossover GTX	
Sport Watch	2.9	82.1	Garmin	
Sunglasses		0.0		
Equipment Total	143.4		oz	
(not including race clothi	9.0		lbs	
	4.1		kg	
Race Food	139.0		Approximately 18,000 kcals total	
	8.7		lbs	
	3.9		kg	
Total	282.4		oz	
	17.7		lbs	
	8.0		kg	