

Gear		Weight item (ounce)	sub-total (ounce)	total (pound)	
Under Seat Repair Bag					
	Sunlite Utili-T Handlebar Roll Bag	3.4			
	3/4" x 6 1/4" PVC pipe	1.4			
	2" x 32" Velcro Strap	0.7			
	2 – Q-Tube 20" x 1.25-1.5" tubes	7.1			
	2 – Q-Tube 26" x 1.5-1.75" tubes	10.9			
	2 tire levers	0.8			
	3 Velcro tire wrap straps	0.1			
	tube repair patches & tube of glue	0.4			
	FiberFix spoke repair kit	0.6			
	rear derailleur cable (tandem)	1.1			
	mini-crescent wrench	1.6			
	4, 5, 6, 8 mm allen wrenches	3.8			
	2 screwdriver tips from a multi-tool	0.5			
	Topeak chain tool	2.4			
	three sections of chain	1.2			
	Park Tool black spoke wrench	0.6			
	6 assorted tie wraps	0.3			
	assorted nuts/bolts/washers	2.0			
	1 small section of old inner tube	0.3			
	2 - SRAM 9 spd quick links	0.2			
	3' electrical tape	0.1			
	3' duct tape	0.2			
	3' bailing wire	0.3			
	spare Garmin Edge 800 mount & 4 O-Rings	0.4			
	small bottle 3-in-1 oil	1.0			
	eye glasses repair kit	0.4			
	sewing kit	0.7			
	tent & air mattress/pillow repair kit	1.2			
	paper towel	0.3			
			44.0	2.75	
Items On Me					
	eye glasses & neck cord	0.8			
	wallet	4.1			
	small Swiss Army knife	0.7			
	Road Id wrist bracelet	0.4			
	Galaxy II phone	5.7			

			11.7	0.73	
Bicycle Security					
	1/4" x 8' wire cable & lock	7.9			
			7.9	0.49	
Electronics					
	charger cable - cell phone	0.5			
	charger	1.2			
	Garmin Edge 800 GPS unit	3.9			
	Planet Bike Headlight/flashlight	4.3			
	2 spare AA batteries	1.7			
	2 spare AAA batteries	0.8			
	CR2032 battery	0.1			
	charger cable - Edge 800	0.5			
	charger	2.1			
	Samsung Chromebook	38.4			
	64GB microSDXC card & card adapter	0.2			
	Samsung Chromebook Case	4.2			
	Samsung Chromebook Charger	9.0			
			66.9	4.18	
Miscellaneous					
	passport	1.1			
	Canon Power Shot Camera	8.0			
	1 spiral notebook & pencil	1.9			
	Schraeder valve air pressure gage	0.8			
	2 presta valve adapters	0.1			
	2 spare spokes/nipples for front/rear rims (8 total)	1.9			
	sun glasses, neck cord, & carry case	2.8			
	extra bike lock key	0.4			
	Nano flashlight	0.6			
	medium plastic bag & cord for seat rain cover	1.7			
	individual sheets toilet paper	0.5			
	2 - 20' sections of parachute cord	3.5			
	elastic net for rear rack	1.8			
	2 small bungee cords	0.8			
			25.9	1.62	

First Aid					
	6 - Benadryl tablets	0.1			
	bee sting Epi-Pen	1.4			
	2 packets - Sting & Bite pads	0.1			
	25 - 200mg Ibuprofen	0.4			
	Tums	0.6			
	5 packets - Antibiotic Ointment	0.2			
	6 miscellaneous size band-aids & 2 gauze pads	0.4			
	1 conforming stretch bandage	0.2			
	tweezers	0.2			
	3' surgical tape	0.1			
	3 packets - Antiseptic Wipes	0.4			
	2 packets - Iodine pads	0.1			
	magnifier	0.5			
	Carmax lip balm	0.5			
	12 insect repellent wipes	2.2			
	sun tan lotion	4.8			
	eyeglasses prescription	0.0			
			12.2	0.76	
Medicine (2 month supply)					
	60 - 325 mg aspirin	0.9			
	60 - Silver Centrum vitamins	2.9			
	120 - 500 mg Slo-Niacin	4.1			
	120 - 1000 mg fish oil	5.2			
	60 - 40mg Lipitor	2.8			
			15.9	0.99	
Toiletries					
	15 eye glass cleaning packets & 1 cloth	1.4			
	Norelco battery powered razor	5.1			
	toothbrush & container	0.5			
	toothpaste	4.5			
	dental floss	0.6			
	1 small bar soap	2.3			
	hair brush	1.3			
	Pack Towel - original - 1/2 M	0.7			
			16.4	1.03	

Clothing					
	bike shoes	35.4			
	helmet	11.0			
	ball cap	2.4			
	ear muffs	0.7			
	thermal bottom	8.8			
	jacket	10.8			
	pair Topeak glove liners	1.4			
	3 - pair Under Armor bicycle socks	3.9			
	1 - pair long white socks	3.4			
	3 - pair boxer shorts	6.9			
	2 pair White Sierra shorts	16.4			
	3 - Columbia long sleeve shirts	23.1			
	1 synthetic T shirt	5.4			
	1 pair White Sierra zippered leg pants	13.0			
	1 web strap for belt	1.0			
	pants strap for chain projector	0.4			
	pair regular shoes	14.6			
	rain suit top & hood	6.6			
			165.2	10.33	
Shelter & Sleeping					
	Big Agnes Seedhouse SL1 & footprint	43.9			
	Eureka 30/50 double temperature sleeping bag with 1 strap	46.0			
	Exped medium air pillow	2.8			
	flannel pillowcase	4.1			
	Exped AirMat UL 7.5R air mattress	15.3			
	Exped Mini-Pump	1.7			
			113.8	7.11	
Cooking & Eating					
	Jet Boil stove burner head	3.6			
	Jet Boil pot ring	1.3			
	Optimus TI spoon, fork, & knife	1.8			
	Snow Peak TI 1400 cook set	6.6			
	Snow Peak TI 450 cup	2.4			
	2" x 32" Velcro strap	0.7			
	2 - GI P51 can opener	0.7			
	dish soap	2.8			

	scotch bright pad	0.3			
	small BIC lighter	0.8			
			21.0	1.31	
				31.31	total - pounds

Food-Fuel-Water		Weight (ounces)				
		item	sub-total	total		
Fuel						
	1 - 230 gram fuel canister	13.4				
			13.4	0.84		pounds
Water						
	4 - 28 ounce water bottles	105.2				
	1 - 28 ounce water bottles	26.3				
			131.5	8.22		pounds
				9.06		total weight in pounds

Food					
	snacks				
		apples			
		carrots			
		snow peas			
		6 Nature Valley granola bars	8.4		
		6 Emerald trail mix bags	9.8		
				18.2	
	Breakfast				
		bananas			
		4 - Maple Drizzle Instant Oatmeal	6.7		
		4 - Apple Cinnamon Instant Oatmeal	6.3		
		raisins	5.4		
		chopped walnuts	3.7	22.1	
	Lunch				
		fruit			
		bagel/spread			
		peanut butter	19.5		
		honey	12.9	32.4	
	Dinner				
		2 - 1/2 bags instant potatoes	4.3		
		2 bags - soup	4.1		
		1 - sardines in olive oil	5.3		
		1 - 5oz can chicken	7.0		
		1 - 5 oz can tuna in water	6.1		
		1 - can Vienna sausage	6.0		
		1 - Ramen noodles	3.0		
		Knorr Rice Sides - buffalo chicken	5.9		
		Knorr Pasta Sides - butter & herbs	4.8		
		Knorr Asian Sides - teriyaki noodles	5.0	51.5	

	Condiments				
		black pepper	1.2		
		Mrs. Dash Extra Spicy	1.9		
		Mrs. Dash Herb & Garlic	2.0		
		Hormel Crumbled Bacon	4.6	9.7	
	Drinks				
		10 English Breakfast Tea	0.9		
		10 Earl Grey Tea	0.9		
		hot chocolate	2.5		
		instant milk	3.3		
		instant coffee	3.1	10.7	
				9.0	total weight (pounds)

Bicycle		Weight (ounces)		pounds
		item	sub-total	
	Bacchetta Giro 20		536.0	33.5
	Velocity Aeroheat 20" [406] 32 spoke MSW rim	0		
	Shimano SLX HB M675 front hub	0		
	16 DT Competition 14/15g drive side spokes	0		
	16 DT Competition 14/15g free side spokes	0		
	Schwalbe Marathon HS420 406-20" x 1.5" tire	0		
	Q-Tube 20" X 1.25/1.5" tube	0		
	24T,36T, 48T front chain ring	0		
	Velocity Aeroheat 26" [559] 36 spoke MSW rim	0		
	Shimano SLX FH M675 rear hub	0		
	18 DT Competition 14/15g drive side spokes	0		
	18 DT Competition 14/15g free side spokes	0		
	Schwalbe Marathon HS420 406-20" x 1.5" tire	0		
	Q-Tube 26" X 1.5/1.75" tube	0		
	Shimano SLX CS-HG81-10-bj rear cassette	0		
	Shimano clip pedals	18.1		
	Topeak Explorer rear rack	19.8		
	TerraCycle underseat rack	32		
	3 Planet Bike water bottle cages	9		
	1 - Two Fish cage mount	0.8		
	Bontrager Computer	8		
	Volae T bar mount			
	Planet Bike headlight mount	0.9		
	Planet Bike rear light	2.7		
	Blackburn rear mirror	4.5		
	Fenders	20.5		
	TerraCycle seat post clamps	3.2		

	ADEM head rest		32			
	Topeak pump		13.8			
				136.8	8.6	
					42.1	total weight in pounds
	2 - 28 ounce water bottles		52.6			
	1 - 20 ounce water bottle		26.3			
				78.9	4.9	
					47.0	bike and water

Carry Bags		Weight (ounces)		pounds	
		item	sub-total	total	
	Arkel RT40 underseat panniers	82.5			
	waterproof covers	8.7			
	Arkel RT60 rear rack panniers	121.7			
	waterproof covers	9.7			
	remove RT60 storage tubes	-11.2			
	remove waterproof covers	-18.4			
			193.0	12.06	pounds

Total Weight		pounds	
	Gear	31.31	
	Bags & Panniers	12.06	
	Fuel/Water	9.06	
	Food	9.04	
	Bike	42.05	
		103.51	Total Weight in Pounds
	body weight	198.00	
		301.51	Total Rolling Weight

Drive Side Front Pannier				41.3	41.3			
	small rear pouch							
		extra water bottle		26.3	26.3			
	large zippered area							
		air matteress/pillow/pump						
			green XL Sea to Summitt Lightweight Dry Sack	2.9				
			Big Agnes Seedhouse SL1 & footprint	43.9	46.8			
			yellow XS Sea to Summitt Lightweight Dry Sack	1.3				
			Exped medium air pillow	2.8				
			flannel pillowcase	4.1				
			Exped Mini-Pump	1.7	9.9			
			green XS Sea to Summitt Lightweight Dry Sack	1.3				
			Exped AirMat UL 7.5R air mattress	15.3	16.6			
	side zippered area							
	front zippered pouch							
		1 spiral notebook & pencil		1.9				
		Canon Power Shot Camera		8				
		passport		1.1				
		extra bike lock key		0.4	11.4			
					152.3	ounces	9.5	pounds
Non-Drive Side Front Pannier				41.3	41.3			
	small rear pouch							
		extra water bottle		26.3	26.3			
	large zippered area							
		Cooking Items	Jet Boil stove burner head	3.6				
			Jet Boil pot ring	1.3				
			Optimus TI spoon, fork, & knife	1.8				
			Snow Peak TI 1400 cook set	6.6				
			Snow Peak TI 450 cup	2.4				
			2" x 32" Velcro strap	0.7				
			2 - GI P51 can opener	0.7				
			dish soap	2.8				
			scotch bright pad	0.3				

		small BIC lighter	0.8			
		green XS Sea to Summitt Lightweight Dry Sack	1.1	22.1	ounces	
		Condiments				
		black pepper	1.2			
		Mrs. Dash Extra Spicy	1.9			
		Mrs. Dash Herb & Garlic	2			
		Hormel Crumbled Bacon	4.6			
				9.7	ounces	
		Drinks				
		10 English Breakfast Tea	0.9			
		10 Earl Grey Tea	0.9			
		hot chocolate	2.5			
		instant milk	3.3			
		instant coffee	3.1			
				10.7	ounces	
	side zippered area					
		Snacks				
		6 Nature Valley granola bars	8.4			
		6 Emerald trail mix bags	9.8			
				18.2	ounces	
		Breakfast				
		4 - Maple Drizzle Instant Oatmeal	6.7			
		4 - Apple Cinnamon Instant Oatmeal	6.3			
		raisins	5.4			
		chopped walnuts	3.7			
				22.1	ounces	
	front zippered pocket					

		12 insect repellent wipes		2.2				
		15 eye glass cleaning packets & 1 cloth		1.4				
		sun tan lotion		4.8				
		Carmax lip balm		0.5	8.9			
					159.3	ounces	10.0	pounds
Drive Side Rear Pannier				60.9	60.9			
	large zippered area							
		first aid						
			clear zip-loc bag	0.1				
			6 - Benadryl tablets	0.1				
			bee sting Epi-Pen	1.4				
			2 packets - Sting & Bite pads	0.1				
			25 - 200mg Ibuprofen	0.4				
			Tums	0.6				
			5 packets - Antibiotic Ointment	0.2				
			6 miscellaneous size band-aids & 2 gauze pads	0.4				
			1 conforming stretch bandage	0.2				
			tweezers	0.2				
			3' surgical tape	0.1				
			3 packets - Antiseptic Wipes	0.4				
			2 packets - Iodine pads	0.1				
			magnifier	0.5	4.8			
		toiletries & medicine						
			green L/G Outdoor Research Dry Ditty Sack	1.2				
			15 eye glass cleaning packets & 1 cloth	1.4				
			Norelco battery powered razor	5.1				
			toothbrush & container	0.5				
			toothpaste	4.5				
			dental floss	0.6				
			1 small bar soap	2.3				
			individual sheets toilet paper	0.5				
			hair brush	1.3				

		Pack Towel - original - 1/2 M	0.7				
		60 - 325 mg aspirins	0.9				
		60 - Silver Centrum vitamins	2.9				
		120 - 500 mg Slo-Niacin	4.1				
		120 - 1000 mg fish oil	5.2				
		60 - 40mg Lipitor	2.8	34.0			
		cool weather clothes					
		green M Sea to Summitt Lightweight Dry Sack	2.4				
		ear muffs	0.7				
		thermal bottom	8.8				
		1 - pair long white socks	3.4				
		jacket	10.8				
		pair Topeak glove liners	1.4	27.5			
		riding gear					
		green M Sea to Summitt Lightweight Dry Sack	2.4				
		3 - pair Under Armor bicycle socks	2.6				
		3 - pair boxer shorts	4.6				
		2 pair White Sierra shorts	8.2				
		3 - Columbia long sleeve shirts	15.4				
		1 synthetic T shirt	5.4				
		1 pair White Sierra zippered leg pants	13.0				
		1 web strap for belt	1.0	52.6			
		pants strap for chain projector	0.4				
		rain suit top & hood	6.6				
	side zippered area						
		pair regular shoes	14.6	14.6			
	side mesh area						
		Pack Towel - original - 1/2 M	0.7	0.7			
	top zippered pouch						
		sun glasses, neck cord, & carry case	2.8				
		2 spare spokes/nipples for front/rear rims (8 total)	1.9				
		individual sheets toilet paper	0.5				
		ball cap	2.4				
		Schraeder valve air pressure gage	0.8				

		2 presta valve adapters		0.1	8.5			
					203.6	ounces	12.7	pounds
Non-Drive Side Rear Pannier				60.9	60.9			
	large zippered area							
		Chromebook	Samsung Chromebook	38.4				
			Samsung Chromebook Case	4.2	42.6			
		sleeping bag						
			green XL Sea to Summit Lightweight Dry Sack	2.9				
			Eureka 30/50 double temperature sleeping bag with 1 strap	46.0	48.9			
	side zippered pouch							
	top zippered pouch							
		medium plastic bag & cord for seat rain cover		1.7	1.7			
		electronic support items						
			charger cable - cell phone	0.5				
			charger	1.2				
			charger cable - Edge 800	0.5				
			charger	2.1				
			64GB microSDXC card & card adapter	0.2				
			Samsung Chromebook Charger	9.0	13.5			
			Planet Bike Headlight/flashlight	4.3				
			2 spare AA batteries	1.7				
			2 spare AAA batteries	0.8				
			CR2032 battery	0.1	6.9			
		elastic net for rear rack		1.8				
		2 small bungee cords		0.8				
		2 - 20' sections of parachute cord		3.5	6.1			
					180.6	ounces	11.3	pounds
Under Seat Repair Bag								

	Sunlite Utili-T Handlebar Roll Bag	3.4				
	3/4" x 6 1/4" PVC pipe	1.4				
	2" x 32" Velcro Strap	0.7				
	2 – Q-Tube 20" x 1.25-1.5" tubes	7.1				
	2 – Q-Tube 26" x 1.5-1.75" tubes	10.9				
	2 tire levers	0.8				
	3 Velcro tire wrap straps	0.1				
	tube repair patches & tube of glue	0.4				
	FiberFix spoke repair kit	0.6				
	rear derailleur cable (tandem)	1.1				
	mini-crescent wrench	1.6				
	4, 5, 6, 8 mm allen wrenches	3.8				
	2 screwdriver tips from a multi-tool	0.5				
	Topeak chain tool	2.4				
	three sections of chain	1.2				
	Park Tool black spoke wrench	0.6				
	6 assorted tie wraps	0.3				
	assorted nuts/bolts/washers	2.0				
	1 small section of old inner tube	0.3				
	2 - SRAM 9 spd quick links	0.2				
	3' electrical tape	0.1				
	3' duct tape	0.2				
	3' bailing wire	0.3				
	spare Garmin Edge 800 mount & 4 O-Rings	0.4				
	small bottle 3-in-1 oil	1.0				
	eye glasses repair kit	0.4				
	sewing kit	0.7				
	tent & air mattress/pillow repair kit	1.2				
	paper towel	0.3				
			44.0	ounces	2.8	pounds
			46.2	pounds	46.2	pounds