

ULTRALIGHT BACKPACKING SPRING TUNE-UP 2024

Karl Ritters

3/9/24



Karl at 54



Karl at 80

The Big Three

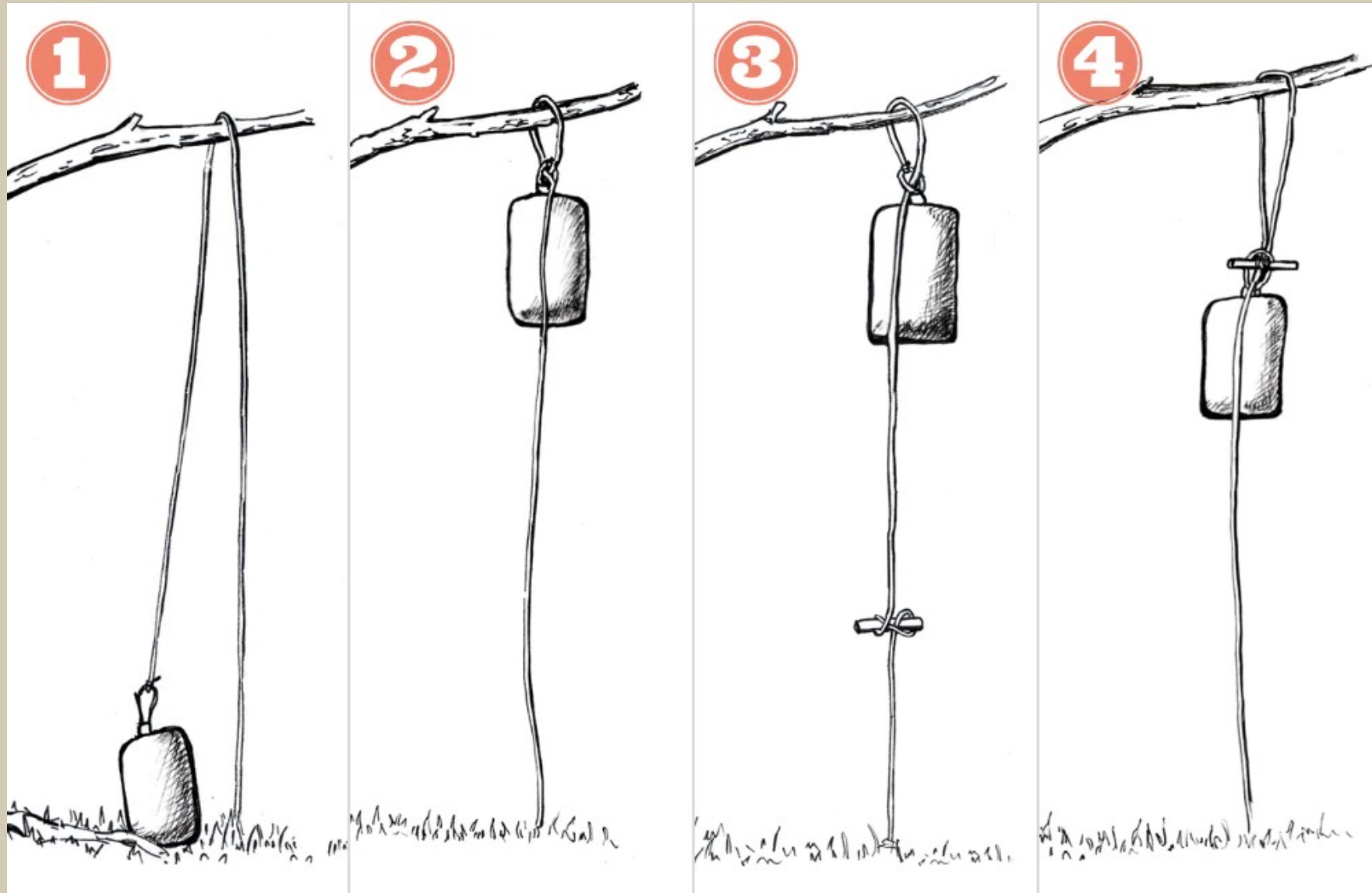
- Backpack – From 5.8 to 1.1 Lbs.
- Shelter – Tent from 7.5 to 1.3 Lbs.
- Sleeping System – Sleeping bag & pad from 6.7 to 2.1

Net weight reduction 15.5 Lbs.

1-Packing



Hanging Food



Source: greenbelly.co
by Kelly Hodgkins



2-Shelter





3-Sleeping System



4-Clothing Packed



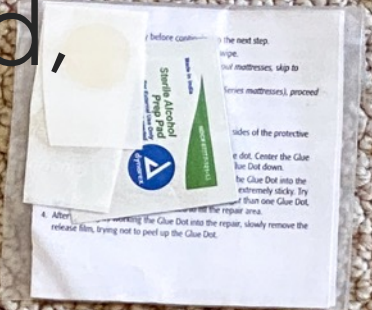




6-Survival & First Aid, Bag 1



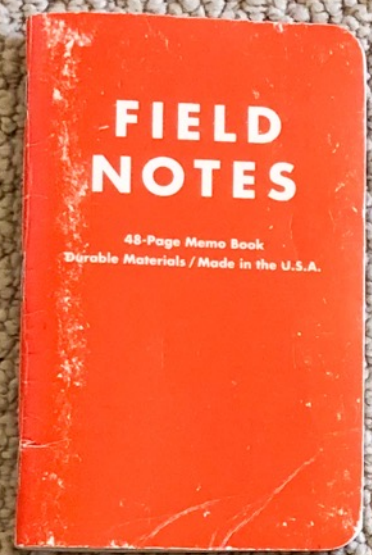
6-Survival & First Aid, Bag 2



7-Hygiene



8-Gadgets



9-Worn/ Carried







10-Fishing Gear





11-Consumables

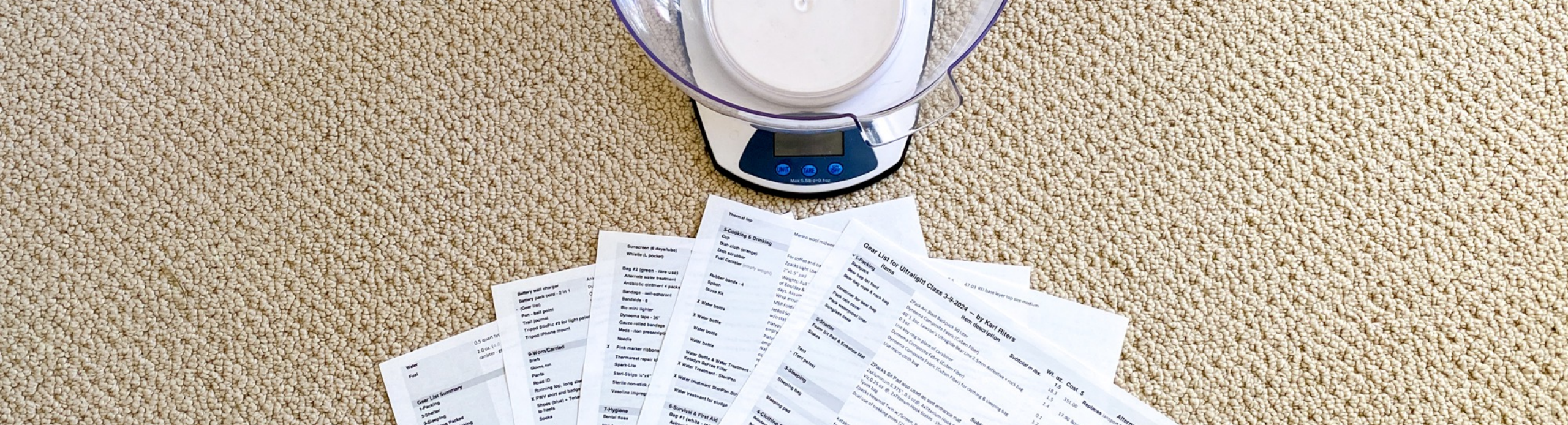


- Daily Dietary Balance
 - Calories 2,000
 - Carbs 25% - 55%
 - Fat 20% - 40%
 - Protein 15% - 35% (150-200g)



Gear List Summary	Weight (lbs.)
1-Packing	1.5
2-Shelter	1.4
3-Sleeping	2.1
4-Clothing Packed	2.7
5-Cooking & Drinking	1.2
6-Survival & First Aid	1.3
7-Hygiene	0.6
8-Gadgets	1.5
9-Worn/Carried	3.7
10-Fishing Gear	0.4
11-Consumables	<u>3.3</u>
Total (skin out)	19.8

Overall Summary	Weight (lbs.)
Base pack weight	12.8
Worn & carried items	3.7
Consumables - 5 day average	3.3
Weight Total (skin-out)	19.8



Karl's Gear List file in Excel format can be downloaded and these presentation Slides can be viewed on the pwv.org website:

Top Tab "News & Info" drilldown => Resources => Ultralight Backpacking Gear List & Presentation Slides.

Those with Excel skills can modify the downloaded spreadsheet to produce their own Gear List.

Happy Wonderer

I love to go a-wandering
Along the mountain track
And as I go, I love to sing
My knapsack on my back

Val-deri, val-dera

Val-deri,

Val-deraha, ha, ha, ha, ha,

Valderi, val-dera

My knapsack on my back

I love to wander by the stream
That dances in the sun
So joyously it calls to me
Come join my happy song

Val-deri, val-dera

Val-deri,

Val-deraha, ha, ha, ha, ha,

Valderi, val-dera

Come join my happy song

I wave my hat to all I meet

And They wave back to me

And blackbirds call so loud and sweet

From ev'ry green wood tree

Val-deri, val-dera

Val-deri,

Val-deraha, ha, ha, ha, ha,

Valderi, val-dera

From ev'ry green wood tree

Oh, may I go a-wandering

Until the day I die

Oh, may I always laugh and sing

Beneath God's clear blue sky

Val-deri, val-dera

Val-deri,

Val-deraha, ha, ha, ha, ha,

Valderi, val-dera

Beneath God's clear blue sky