

Backpacking Weight Reduction Worksheet

After your next backpack trip, weigh each item in your pack. Record the weights below. Eliminate any item you could have gotten along without or taken less of. Determine what ultralight items you can reasonably replace and add them to your list. The exercise is to see how much weight you can reduce. After your next trip, repeat the exercise until you are comfortable with the pack weight. MAKE SEVERAL COPIES OF THIS LIST FOR FUTURE USAGE UNTIL YOU GET THE DESIRED WEIGHTS.

Current Pack (type & weight)

Ultralight Pack (type & weight)

Pack _____

Sleeping Bag _____

Sleeping pad _____

Shelter _____

Footwear _____

Hydration System _____

Water Purification _____

Rain Gear _____

Stove _____

Cook Wear _____

Food _____

Hygiene _____

Clothing _____

Flashlight _____

Personal Items _____

Misc. _____

Total Weight _____

Total Weight _____

Weight Saved _____

Weight Saved _____

Weight Saved _____