Printable Backpacking Gear List

Typical is the published weight of the mainstream reference product we measure that category against — roughly what you own if you have not shopped on weight. **Light** is the weight that earns full marks on our weight score. Both are published at https://ounceandoutlook.com/methodology. Weigh your own gear in grams and fill in the fourth column.

ITEM	TYPICAL	LIGHT	YOUR WEIGHT	OUR PICKS FOR THIS CATEGORY
☐ Shelter (2-person tent) vs Kelty Late Start 2P	1900 g	550 g	_____	https://ounceandoutlook.com/tents/best-budget-backpacking-tents
☐ Sleeping bag or quilt vs Kelty Cosmic Synthetic 20	1276 g	550 g	_____	https://ounceandoutlook.com/sleep/best-budget-backpacking-quilts
☐ Sleeping pad vs Therm-a-Rest Trail Scout (Regular)	680 g	250 g	_____	https://ounceandoutlook.com/sleep/best-budget-sleeping-pads
☐ Backpack vs Osprey Rook 65	1678 g	450 g	_____	https://ounceandoutlook.com/packs/best-budget-ultralight-backpacks
☐ Stove vs MSR PocketRocket 2	73 g	25 g	_____	https://ounceandoutlook.com/cook-and-water/best-budget-backpacking-stoves
☐ Pot vs MSR Trail Lite 1.3 L Pot	200 g	90 g	_____	https://ounceandoutlook.com/cook-and-water/best-titanium-backpacking-pots
☐ Water filter vs Katadyn Hiker	310 g	60 g	_____	https://ounceandoutlook.com/cook-and-water/best-backpacking-water-filters
☐ Rain jacket vs Marmot Men's PreCip Eco Rain Jacket	305 g	150 g	_____	https://ounceandoutlook.com/builds/best-budget-rain-jackets-for-backpacking
☐ Headlamp vs Black Diamond Spot 400	86 g	30 g	_____	https://ounceandoutlook.com/builds/best-backpacking-headlamps
☐ Pillow vs Therm-a-Rest Compressible Pillow Cinch (Regular)	325 g	45 g	_____	https://ounceandoutlook.com/sleep/best-backpacking-pillows
☐ Trekking poles carried, not base weight vs LEKI Journey Lite	510 g	250 g	_____	https://ounceandoutlook.com/builds/best-budget-trekking-poles

BASE WEIGHT (add every row except trekking poles): _____ g
BIG THREE (shelter + sleep bag/quilt + pad + pack): _____ g
CARRIED, NOT PACKED (trekking poles): _____ g

Base weight leaves out food, water and fuel. They shrink as you walk, so including them would make the number different every morning. Worn clothing and anything in your hands are out too, which is why trekking poles have their own line.

Work the biggest gap first. Subtract the Light column from your own weight, and start with whichever row has the largest difference — not the item you most want to buy.

Free calculator, PDF and spreadsheet: https://ounceandoutlook.com/builds/ultralight-backpacking-gear-list-printable

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