**Free sample from The Base Weight Reduction Planner.** This is worksheet 1 of 11. Get all 11 worksheets: ultralightsetup.com/kit/base-weight-planner



# Trip Numbers, At A Glance

Every figure the other sheets produced, on one page you actually take

**Hiker** _____ **Trip** _____

**Season** _____

Fill this in last, after the other sheets have settled, then fold it into the top of the pack rather than carrying the whole kit. It is the one page that answers what you actually know about this trip without reopening every worksheet, and the page most worth reprinting when a plan changes.

## This trip, at a glance

| Figure | Your number | From |
|---|---|---|
| Base weight | | Sheet 2 |
| Tier (super ultralight, ultralight, lightweight, traditional) | | Sheet 2 |
| Worn weight | | Sheet 2 |
| Estimated comfortable sleep temperature (F) | | Sheet 6 |
| Food, total weight and calories per ounce | | Sheet 7 |
| Longest dry stretch and litres to carry it | | Sheet 8 |
| Pack volume needed (L) | | Sheet 9 |
| Loaded pack weight at its heaviest | | Sheet 11 |

*Every row here has a home sheet. If a number on this page ever disagrees with its source sheet, the source sheet is right and this page is due for a reprint.*

## Before you leave the house

Fill this half in the night before, not at the trailhead.

| Item | Plan |
|---|---|
| Trailhead and exit point | |
| Permit or reservation number | |
| Bear canister required on this route? | |
| Person who has your itinerary and return time | |
| Expected return date and check-in time | |
| Satellite messenger charged and tested | |
| Weather, avalanche or fire restriction checked | |


Researched guidance, not professional advice. Sleeping bag and quilt temperature ratings printed here are survival limits, not comfort ratings, and hollow fibre filters are destroyed by a single freeze with no visible sign. Confirm current permits, food storage rules and trail conditions with the managing agency before you rely on this kit.