Free sample from The Base Weight Reduction Planner. This is worksheet 8 of 11. Get all 11 worksheets: ultralightsetup.com/kit/base-weight-planner

Water Carry & Treatment

The heaviest decision you make with no gear at all

Hiker _____ **Date** _____

Route _____ **Longest dry stretch** _____

Water weighs 2.2 lb per litre, 8.34 lb per US gallon. No purchase available to you moves weight as fast as choosing to carry one litre instead of two, and no purchase punishes a wrong guess as hard. Plan each stretch rather than topping off at every creek.

Stretch by stretch

Source to source	Miles	Hours	Rate (L/hr)	Cook or dry camp add	Litres to carry	Weight (lb)

About 0.5 L per hour of walking in mild conditions and up to 1 L per hour in heat or on sustained climbs. Cooking at the far end adds about 1 L once you include a hot drink and rinsing a pot. A dry camp adds another for the evening and the first hour of the morning. Round up to the nearest half litre.

Capacity

Item	Value
Bottles and bladders carried	

Item	Value
Total capacity (L)	
Largest planned carry (L)	
Weight of that carry (lb)	
Your base weight for comparison	

Four litres is 8.8 lb, which is heavier than an entire ultralight base weight. Somebody with an 11 lb base weight carrying one litre between reliable sources is walking with less on their back than somebody at 9 lb who fills four out of habit.

Treatment record

Filter or method	Bought	Last backflushed	Suspected freeze?	Replace by

- [ ] Filter model and the date it was bought recorded below
- [ ] Backflushed after the last trip
- [ ] Never frozen, including in a car overnight, because one freeze cracks the fibres invisibly and the filter is scrap
- [ ] A chemical backup carried, because a filter is a single point of failure
- [ ] Understood that 0.1 micron hollow fibre removes bacteria and protozoa but not viruses
- [ ] Route checked for sources that are seasonal, stock-fouled or downstream of a mine

Treatment that is light enough to carry twice

Carry a primary and a backup. The backup can be four tablets in a bag and weigh nothing.

- **Sawyer Squeeze Water Filtration System**: The default. Faster flow than the Micro and it stays fast for longer with regular backflushing.
- **Sawyer Micro Squeeze Water Filtration System**: The 2 oz version for short trips where flow rate matters less than the weight.
- **Katadyn BeFree 1.0L Collapsible Filter Bottle**: The fastest flow of the group and the easiest to drink from on the move. The bladder is the part that wears out.
- **Platypus QuickDraw 1L Filter System**: Threads onto standard bottles and backflushes without a syringe, which people actually do.

Current prices and our latest picks for each item: **ultralightsetup.com/kit/base-weight-planner/gear/**

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.