TRAIL READY LAB

FREE PRINTABLE · GEAR WORKSHEET

Pack Weight Reduction Worksheet

Find removable weight one change at a time without deleting essential safety coverage.

FORMAT	USE	ACCESS
Printable PDF	Trail planning	Free download

A practical, research-led worksheet for hikers. It makes assumptions visible and helps you decide what to carry, check, test, or change before the trailhead.

01 / 04

01 · Inventory

Write down what actually leaves the trailhead

Pack: _____ g Shelter: _____ g

Sleep: _____ g Clothing: _____ g

Cooking / food: _____ g Water: _____ g

Navigation / light / safety: _____ g

Comfort / duplicates: _____ g

Research-led planning aid. Use current route, weather, manufacturer, local, and emergency information. Not medical or emergency advice.

02 / 04

02 · Classify the load

Separate essential function from convenience

Safety-critical item to keep: _____

Duplicate or backup to review: _____

Consumable that changes by route: _____

Comfort item with a clear benefit: _____

Item with unknown real weight: _____

Research-led planning aid. Use current route, weather, manufacturer, local, and emergency information. Not medical or emergency advice.

03 / 04

03 · One-change test

Change one variable, then test the system

Change I will make: _____

Weight saved: _____ g

New setup tested with: _____

What became harder or less safe? _____

Keep, replace, or restore? _____

Research-led planning aid. Use current route, weather, manufacturer, local, and emergency information. Not medical or emergency advice.

04 / 04

04 · Final carry note

Optimize the system, not just the number

Base weight after changes: _____ kg

Consumables at start: _____ kg

Total carry: _____ kg

Safety coverage still present? □ yes □ no

Next change to test: _____

Research-led planning aid. Use current route, weather, manufacturer, local, and emergency information. Not medical or emergency advice.