Over-the-Top Backpacking Database

I've been working with Filemaker since before it was called Filemaker (it was called Nutshell for a very short time.) This backpacking checklist started out as a spreadsheet oh-so-many years ago and turned into this over-the-top tool to add up the weight of items in my pack.

I often create databases like this one, as test beds for learning new Filemaker features. That way if I break something, it doesn't matter. This backpacking database also appeals to my sense of dry British humor -- to take something simple as a backpacking checklist and go totally overboard with it.

But it is an extremely useful checklist, since as we all know, if you forget something on a trip, you can't just wander down to the corner store and buy a replacement. I forgot my spoon once. I never realized how extremely difficult it was to make do without a spoon. As God is my witness, I'll never forget my spoon again - hence this upscale-absurd backpacking checklist list on steroids.

This database is completely unlocked -- feel free to modify it any way you want for your own personal use. As you use this database, keep in mind it was not intended to keep a record of every trip you've ever been on, but to help you plan up to six future trips and quickly calculate the weight of your pack. The formula that usually pegs the Funmeter is:

"Less Weight=More Fun"

Scott Chandler
January 2013

Equipment

1 Weigh all your backpacking gear and enter it into the database.

3 Start selecting the equipment you want to bring by clicking on the checkboxes.

4 The yellow buttons will find your selected items for each trip.

2 You can plan for up to six trips (see next page.)

Use these check-boxes to temporarily remove an item from your pack. Handy to turn off your food weight so you can see the weight of your pack when you come out.

Red checkboxes turn green as you do your final packing. Clicking on the red "x" button will bring all as-yet unpacked items to the top of the list.

5 Group Weight. In this example, the total weight of the group items (tent, stove, etc.) is 158 ounces. Since there are 2 people on this trip, the group weight is split in half (or 79 ounces). If 3 people went, it would be split into thirds, etc. By checking the boxes you can quickly add up the weight of individual items to see which items come close to your share of the weight.

Backpacking Equipment

Equipment Packing List | Print Out List | Find All | Find Omitted | Misc Info | Master Food List | Menu Planner | Equipment List | Set Trips

Trips: 1: Dusy Basin 2: Pear Lake 3: Moose Lake 4: Rae Lakes 5: Trinity Alps 6: Marble Mtns

Trip Selected: #3: Moose Lake   2 Days   2 people

item	qty	lbs	oz	total	1	2	3	4	5	6	group item	Category	group wt	X
Tent Marmot Aeolos Body & Fly w/stuff sack	1	4	4.5	68.5		☒		☒			☒	Shelter	68.5	☒
Osprey Aether 60 pack w/Dry Rib	1	3	12.0	60.0	☒	☒	☒	☒	☒	☒	☐	Pack		☐
Bear Vault Large	1	2	6.0	38.0	☒	☒	☒	☒	☒	☒	☒	Kitchen	38.0	☐
Food oz./person/day (24 oz/day)	2		18.0	36.0							☐	Kitchen		☐
Sleeping bag, PLASMA 15 deg. w/stuff sack	1	1	15.5	31.5	☒	☒	☒	☒	☒	☒	☐	Shelter		☐
Tent Marmot Aeolos poles & Ti stakes	1	1	6.5	22.5							☒	Shelter	22.5	☐
Big Agnes pad, BLUE R4.1, w/strap & sack	1	1	4.3	20.3	☒	☒	☒	☒	☒	☒	☐	Shelter		☐
GravityWorks Platypus 4L system w/bag	1		10.7	10.7							☐	Kitchen		☐
Patagonia Nano Puff in MANGO!	1		9.4	9.4	☒	☒	☒	☒	☒	☒	☐	Clothing		☐
GSI Soloist Cookset w/insulated bowl	1		9.3	9.3							☒	Kitchen	9.3	☐
Iso-propane MSR 4oz fuel canister small 133g	1		8.1	8.1							☒	Kitchen	8.1	☐
Patagonia long sleeve lime	1		7.1	7.1							☐	Clothing		☐
Marmot Essence Rain Jacket	1		6.9	6.9	☒	☒	☒	☒	☒	☒	☐	Clothing		☐
SPOT locator beacon w/batteries	1		4.2	4.2	☒	☒	☒	☒	☒	☒	☒	Misc	4.2	☒
Sunscreen 1.5 oz. mini-bottle (full)	2		2.0	4.0				☒			☐	Dry Rib		☐
GSI Insulate thermal mug	1		3.2	3.2	☒	☒	☒	☒	☒	☒	☐	Kitchen		☐
Snow Peak stove	1		3.1	3.1	☒	☒	☒	☒	☒	☒	☒	Kitchen	3.1	☒
Mini First Aid Kit	1	0	2.7	2.7				☒	☒	☒	☒	Top Pocket	2.7	☒
Socks per pair Smartwool Hiking Med	1		2.5	2.5							☐	Clothing		☐
Hat Sporthill softshell	1		1.8	1.8							☐	Clothing		☐
Map w/case	1		1.5	1.5	☒	☒	☒	☒	☒	☒	☐	Top Pocket		☐
Ensolite Sit Pad, yellow	1		1.5	1.5	☒	☒	☒	☒	☒	☒	☐	Misc		☐
Socks per pair WrightSocks Coolmesh	1		1.5	1.5	☒	☒	☒	☒	☒	☒	☐	Clothing		☐
Gloves, Power Stretch Red Ledge	1		1.4	1.4							☐	Clothing		☐
BIC lighter	2		0.6	1.2			☒	☒	☒	☒	☐	Yellow Pouch		☐

Unchecks All "Packed" checkboxes

Total: 18 lbs 3 ozs

Total Group Wt: **158** ozs
Each Person's Share (2 people): **79** ozs
"x" Selected Wt: **79** ozs

100 Browse

This shows the total weight of your pack, plus your share of the group weight.

These buttons will uncheck all boxes for that trip, should you want a clean list. It can't be undone, but it's not that big a deal if you make a mistake.

Set Trips

1

You can plan for up to six trips, the number of days and the number of people that would be sharing the group weight of items like tent, stove, etc..

Backpacking Equipment

Set Trips   Done

Trips: 1: Dusy Basin   2: Pear Lake   3: Moose Lake   4: Rae Lakes   5: Trinity Alps   6: Marble Mtns

Trip name	#days	#people
1: Dusy Basin	4	1
2: Pear Lake	6	1
3: Moose Lake	2	2
4: Rae Lakes	4	2
5: Trinity Alps	3	2
6: Marble Mtns	3	2

100   Browse

Menu Planner

2 Click on + to add a food item from your Master Food List. You only need to enter the Qty if it is not "1".

4 The yellow buttons will retrieve your menu for the newest trip with that name. If you had an old menu from Rae Lakes, it would only find the newest one.

1 Select an entry date for your trip. It will display the days of the week for your trip.

3 You can add a new food item here. It will show up on both this Day and permanently on your Master Food List.

5 IMPORTANT NOTE! The menu planner is not directly linked to the equipment list, so when you complete your menu, you must manually enter that into the equipment list in your food line item. If the average daily weight is 21 oz, I put 21 in the weight and 4 in the quantity (for 4 days.)

Master Food List

1 Everything on this list will show up on the drop down menus on the Menu Planners.

Backpacking Equipment

| Master Food List | | Find All | Find Omitted | Misc Info | Master Food List | Menu Planner | Equipment List | Set Trips List |

	item	wt	cal	rating	source/notes	
	Breakfast in town!	0	0	5 - Excellent!		🗑
2	Oatmeal Apples & Cinnamon	1.5	120	4 - Great	anywhere	🗑
3	Mtn House Eggs & Bacon	3	330	3 - Good	Walmart	🗑
4	Coffee Splenda Creme Starbucks VIA	.7	25	5 - Excellent!	Costco	🗑
5	Burritos	12.3	931	3 - Good		🗑
7	Tea/hot chocolate/2 Splendas	.8	20	4 - Great	anywhere	🗑
8	Dinner in town!	0	0	5 - Excellent!		🗑
10	Spaghetti, dried beef	11.5	500	4 - Great		🗑
14	Mac Cheese Beef	4.7	413	3 - Good	anywhere	🗑
15	Mtn House Blueberry Cheesecake, serves 4	6.9	800	3 - Good	REI	🗑
16	Beef Tacos	11.9	587	4 - Great		🗑
17	Chicken Marasala	8.8	500	5 - Excellent!	?	🗑
18	Well Chia Razz Raspberry Cashew	1.6	180	3 - Good	REI	🗑
19	Trader Joe's Fruit Bars	.7	50	4 - Great	Trader Joes	🗑
20	Clif Bar Blok Shots, Pina Colada	3	200	1 - Needs testing	Sports LTD	🗑
21	Snickers Protein Marathon	2.9	280	3 - Good	Low GI	🗑
22	Big Sur Bar	5	678	4 - Great	Chico Natural Foods	🗑
23	ThinkOrganic Cranberry Apple bar	1.4	150	4 - Great	Raley's (good)	🗑
24	PURE Wild Blueberry Bar	1.7	180	2 - Not again	Raley's, has a medicine like	🗑

➕ Add New Food Item

100 ⊟ ⊕ ▭   Browse
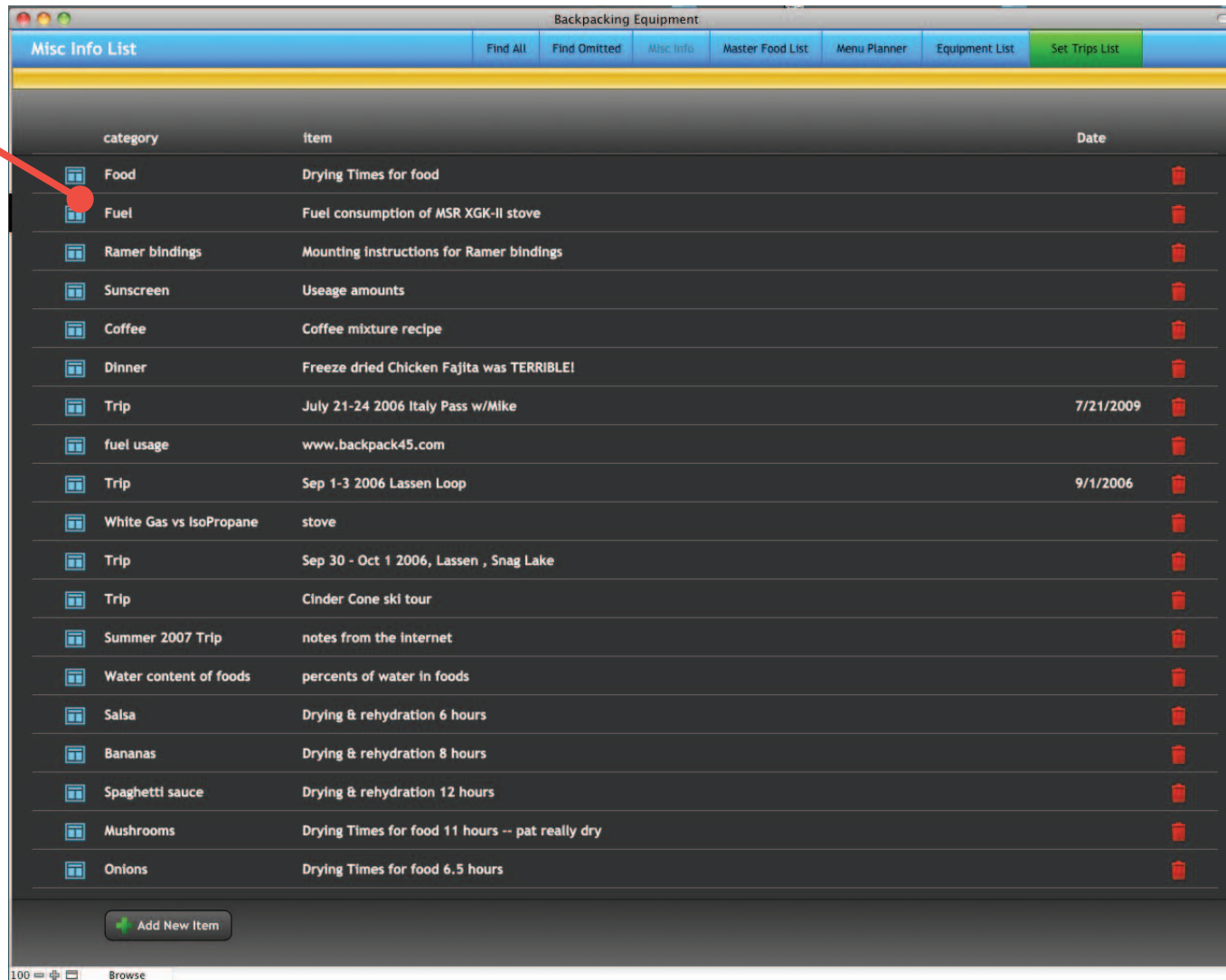
Misc Info List

I use this to record various bits of random information I know I might need in the future, like drying times for food, fuel consumption notes, trip notes and great recipes.

1

Click here to take you to the details page.

|	category	item		Date
	Food	Drying Times for food		
	Fuel	Fuel consumption of MSR XGK-II stove		
	Ramer bindings	Mounting instructions for Ramer bindings		
	Sunscreen	Useage amounts		
	Coffee	Coffee mixture recipe		
	Dinner	Freeze dried Chicken Fajita was TERRIBLE!		
	Trip	July 21-24 2006 Italy Pass w/Mike		7/21/2009
	fuel usage	www.backpack45.com		
	Trip	Sep 1-3 2006 Lassen Loop		9/1/2006
	White Gas vs IsoPropane	stove		
	Trip	Sep 30 - Oct 1 2006, Lassen , Snag Lake		
	Trip	Cinder Cone ski tour		
	Summer 2007 Trip	notes from the internet		
	Water content of foods	percents of water in foods		
	Salsa	Drying & rehydration 6 hours		
	Bananas	Drying & rehydration 8 hours		
	Spaghetti sauce	Drying & rehydration 12 hours		
	Mushrooms	Drying Times for food 11 hours -- pat really dry		
	Onions	Drying Times for food 6.5 hours		

Misc Info List

Backpacking Equipment

Find All   Find Omitted   Misc Info   Master Food List   Menu Planner   Equipment List   Set Trips List

Add New Item

100   Browse

Misc Info Details

Backpacking Equipment

Miscellaneous Info   Find All   Find Omitted   Misc Info   Master Food List   Menu Planner   Equipment List   Set Trips List

Back to List: Add New Item:

category: fuel usage   date: 8/27/2011

item: Boil times for 40 degree vs 60 degree water

details: Boiled a liter of both 40 degree water and 60 degree water to determine fuel useage.
Air temp 82 degrees
Snow Peak stove, aluminum GSI Sololist pot.
MSR small fuel canister.

60 degree water
9:25 time to 210 degree boil
241 grams start wt
225 grams end wt
16 grams fuel

40 degree water
12:22 time to 208 degree boil (ran out of fuel at this temperature)
225 grams start wt
206 grams end wt
19 grams fuel

1 gram of fuel equals 9 degrees in temp rise on one liter of water
Theory: 1 gram of fuel should equal 18 degrees of temp rise on half liter of water.

fuel: 4 oz fuel in small canister or 113 grams.
60 degree start temp water should boil 7 liters
40 degree start temp water should boil 6 liters

Empty MSR small fuel canister: 4.1, 118 grams

100 Browse

iPad Equipment List

The iPad version is identical with the exception of the Group Weight picker.

iPad Menu Planner

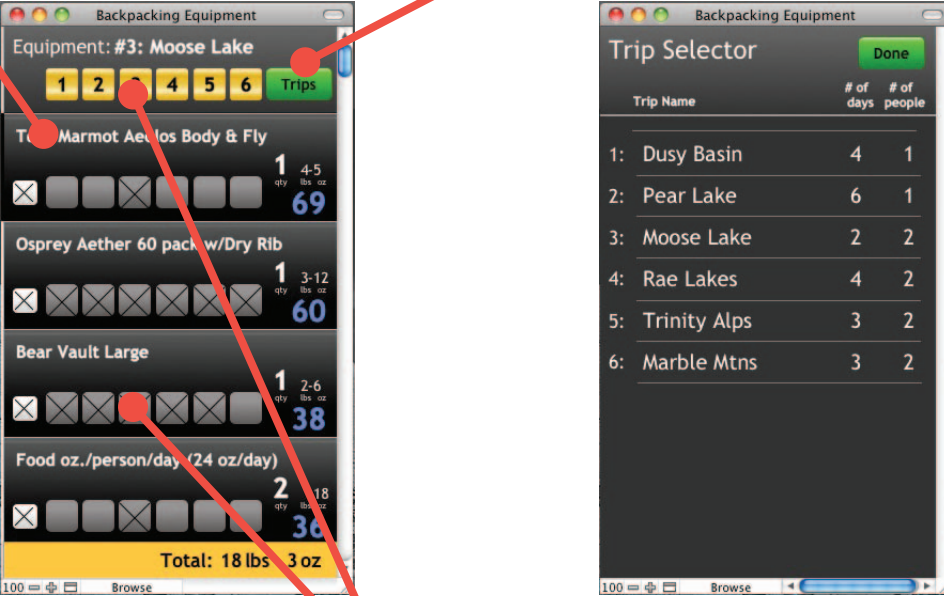The iPad version is identical to the desktop version.

iPhone Equipment & Set Trips

The iPhone version is limited to selecting items, creating trips and adding your equipment to your list. While not full featured as the desktop version, it's handy to doodle around with.

1 Click on the item name to go to the Item Detail page.

2 Click on Trips to set up to six future trips.

3 Check the boxes for items you want to bring on each trip. The gold buttons will retrieve that specific list.

Tips

Make six copies of the item called "food," with quantities of 1, 2, 3, 4, 5 and 6. If you're planning a 3 day trip, find and select the Food item with a quantity of three for your trip. When you finalize your menu planner, note the average daily weight (around 24 oz/day) and enter than into your food item. Bang Zoom, total food weight.

You can then change the quantity number to see how much your pack will weight after Day 1, Day 2 and so on. Uncheck the box on the far left to temporarily remove that item from your pack.

Put the quantity for clothes you're going to wear as 0. That way they're on the checklist, but don't add in to the pack weight.

Get a scale. I spent about $25 and got a nice digital scale. I am amazed at just how often I use it to weight fuel canisters (to see how much fuel is left) and new items as they come into my possession.