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BEAUSOLEIL ISLAND LOOP TRAIL - GEORGIAN BAY ISLANDS NATIONAL PARK

ITEMS CARRIED IN BACKPACK

	CARRIED GEAR	
DESCRIPTION	TYPE	WEIGHT
	(BRAND, STYLE)	*(Oz)*
BACKPACK	ULA ARCTIC DRY PACK	31.25
	S2S 50 L DRYBAG	9.3
	S46 STUFFTUBE (CLOTHES)	0.25
	GG LARGE STUFFSACK (FOOD)	0.55
	OR SMALL ZIP SACK (MISC.)	1.13
SHELTER	TARPTENT SCARP 1	49.7
	5X TG 9" CF STAKES (8g/Each)	1.4
	4X S46 ATANI TENT STAKES	0.7
SLEEP SYSTEM	EE ENIGMA ELITE (-6*C)	19.65
	T-REST NEO AIR (S46 MOD)	6.7
	KOOKABAY SUB-1 PILLOW	0.86
	S46 PG-SHEET (1/8" X 25" X 74")	2.2
SPARE CLOTHING	BRAWNY SILNYLON RAIN JACKET	4.7
	BRAWNY SILNYLON RAIN PANTS	3.3
	inGENIUS GORETEX SOCKS	3.45
	MONTBELL EX LIGHT (L)	6.1
	MLD OVERMITTS (in pocket)	1.09
KITCHEN	FIRELITE SUL 500 w/ SACK	1.89
	MLD LONG HANDLE TI SPOON	0.56
	S46 NAPSIKTOK STOVE	0.78
	1 L GATORADE BOTTLE	1.9
	PLATYPUS 1 LITER FOLDABLE	0.9
WATER PURIFIER	AQUATABS(8 L)	0.05
TOOLS	50' AIRCORE NANO GUYLINE	0.5
	DERMA-SAFE FOLDING KNIFE	0.25
	SLINGLIGHT CAMPCHAIR	18
	S46 TITANIUM BUCK SAW	5
FLASHLIGHT	PETZL E-LITE W/ CASE	1.6
ORIENTATION	SUUNTO COMPASS/THERMO	0.3
	MAP PAGE IN ZIPLOCK (X3)	1.24
FIRST AID KIT	CUSTOM SOLO FIRST AID KIT	1.75
	MINI LIGHTER	0.5
CAMERA	PANASONIC DMC-ZS3 W/CASE	8.4
	GOPRO HERO 4 W/ WP CASE	5.1
	S46 TALIQ CAMERAPOD	0.17
TOILET KIT	COLGATE WISP TOOTHBRUSH	0.03
	SMALL SPONGE	0
	BLISTEX - SPF 30	0.3
	PURELL (3.2ml) in dropper	0.14
	DR. B'S (3.2ml) in dropper	0.14
	T.P. 2 DAYS (20 sheets (4g) /day)	0.26
	BASE PACK WEIGHT (oz.)	192.09
	BASE PACK WEIGHT (lbs.)	12.01

CLOTHING AND ITEMS WORN

	CLOTHES WORN DURING HIKING	
DESCRIPTION	TYPE	WEIGHT
	(BRAND, STYLE)	*(Oz)*
FOOTWEAR	MONTRAIL ROCKRIDGE (SZ 11)	25.48
PANTS	BPL THOROFARE SHORTS (M)	3.2
BASE LAYER	MEC BC THERMAL TOP	4.76
	MEC EXPEDITION BOTTOM	7.58
MID LAYER	ARCTERYX T-NECK POLY ZIP	8.65
SOCKS	TEKO ECOMERINO UL SOCKS	2.2
TREKKING POLES	KOMPERDELL C3 DUOLOCK	13.1
SOFT SHELL JKT	PATAGONIA READY MIX	14.1
HEADWEAR	OR NINJACLAVA	2.05
	POLY HAT	1.6
	BANDANA (in pocket)	1.3
NECKWEAR	WHISTLE ON LANYARD	0.11
HANDWEAR	BD POWERSTRETCH LINER	1.75
	CLOTHING AND GEAR WORN (oz.)	85.88
	CLOTHING AND GEAR WORN (lbs.)	5.37

TOTALS

	LBS.
BASE PACK WEIGHT	12.01
CLOTHING AND GEAR WORN	5.37
FROM SKIN OUT (FSO)	17.37
FOOD	1.63
FUEL (14 grams X 1/day)	1.50
WATER (2L at START of each day)	4.40
BASE PACK WEIGHT + FOOD + FUEL + WATER	19.53

NUTRITION PLAN

	FOOD				
MEAL		DAY 1			
	BRAND	DESCRIPTION	CALORIES	WEIGHT (oz)
DINNER	MOUNTAIN HOUSE	SPAGHETT W/ MEAT SAUCE	480	4.75
SNACK	CLIF	ENERGY BAR	250	2.40
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	ASSORTED	GUMMY CANDIES	250	6.00
		DAY 2		
BREAKFAST	KELLOGGS	ALLBRAN HONEY NUT	130	1.15
	KELLOGGS	ALLBRAN CHOCOLATE CHIP	130	1.15
LUNCH	JACK LINKS	BEEF STEAK NUGGETS	280	4.00
		SNACKS		
DAY	KRAVE	MAD MIXED NUTS	270	4.20
		TOTAL CALORIES	2040	
		TOTAL FOOD WEIGHT	26.05	OZ.
			1.63	LBS.