WWW.SULUK46.COM

ZION NATIONAL PARK - TRANS ZION TREK

ITEMS CARRIED IN BACKPACK

	CARRIED GEAR	
	TYPE	WEIGHT
	(BRAND, STYLE)	*(OZ)*
BACKPACK	ZPACKS BLAST 26	7.89
STUFF SACKS	SPINSACK NANO SMALL	0.24
	SPINSACK NANO MEDIUM	0.31
	SPINSACK NANO MEDIUM	0.31
SLEEP SYSTEM	EE EPIPHANY QUILT	11.01
SHELTER	S46 N2 TARP	1.8
	8X TG 6" CF STAKES (5g/Each)	1.41
	S46 BP BIVY	3.1
ROPE	50' AIRCORE NANO GUYLINE	0.5
SLEEPING PAD	S46 PF-SHEET (1/2" X 19" X 44")	3.5
	S46 PG-SHEET (1/8" X 25" X 74")	2.2
	KOOKABAY SUB-1 PILLOW	0.86
KITCHEN	FIRELITE 500 SUL COOKPOT	1.89
	S46 ESBIT STOVE / WDSCREEN	0.46
	MLD LONG HANDLE TI SPOON	0.56
CLOTHES	MONTBELL EX LIGHT (L)	6.1
	TEKO ECOMERINO UL SOCKS	2.2
	MEC BC THERMAL TOP	4.76
	MEC BC THERMAL BOTTOM	3.73
	YANKS SPORTSHELL (L)	3.52
ORIENTATION	SUUNTO COMPASS/THERMO	0.3
	MAP PRINTED ON 8 1/2 x 11	0.17
KNIFE	DERMA-SAFE FOLDING KNIFE	0.25
FLASHLIGHT	PHOTON EX MICRO w/ String clip	0.32
LIGHTER	MINI DISPOSABLE LIGHTER	0.5
FIRST AID KIT	CUSTOM SOLO FIRST AID KIT	1.75
CAMERA	PANASONIC DMC-ZS3 W/CASE	8.4
HYDRATION	1 L GATORADE BOTTLE	1.9
	PLATYPUS 2 LITER FOLDABLE	1.3
WATER PURIFIER	MICROPUR TABLETS (16 L)	0.36
HYGENE KIT	4 PAWS FINGER TOOTHBRUSH	0.14
	SPF 30 - SUNSCREEN	1.3
	SMALL SPONGE	0
	PURELL (3.2ml) in dropper	0.14
	DR. B'S (3.2ml) in dropper	0.14
	T.P. 4 DAYS (20 sheets (4g) /day)	0.56
	PACK WEIGHT (0z.)=	73.88
	Lbs=	4.62

CLOTHING AND ITEMS WORN

	CLOTHES WORN DURING HIKING	
	TYPE	WEIGHT
	(BRAND, STYLE)	*(OZ)*
BASE LAYER	TEKO ECOMERINO UL 1/4 SOCKS	1.4
	EX-EFFICIO BOXERS	3.75
SHIRT	BPL THOROFARE SHIRT (M)	4.55
PANTS	BPL THOROFARE PANT (M)	3.98
FOOTWEAR	MONTRAIL ROCKRIDGE (SZ 11)	25.48
HEADWEAR	BUFF	1.3
NECKWEAR	WHISTLE ON LANYARD	0.11
POLES	KOMPERDELL C3 CARBON	13.1
	CLOTHING WORN (0z.)=	53.67
	Lbs=	3.35

TOTALS

	LBS.
BASE PACK WEIGHT	4.62
CLOTHING AND GEAR WORN	3.35
FOOD	5.85
FUEL (6.5 grams X 4/day)	0.23
BASE PACK WEIGHT + FOOD + FUEL	10.70
FROM SKIN OUT	14.05

NUTRITION PLAN

	FOOD				
MEAL		DAY 1			
	BRAND	DESCRIPTION	CALORIES	WEIGHT (oz)
BREAKFAST	QUAKER	OATMEAL TO GO (cinnamon roll)	200	1.98
	QUAKER	OATMEAL TO GO (oats and honey)	160	1.60
LUNCH	PECOS BILLS	PEPPERED BEEF JERKY	320	4.60
	PECOS BILLS	MINI DRY PEPPERONI	480	3.70
DINNER	MOUNTAIN HOUSE	SWEET AND SOUR PORK	550	5.11
SNACK	CLIF BAR	CRUNCHY PEANUT BUTTER	250	2.46
	CLIF BAR	CHOCOLATE ALMOND FUDGE	250	2.46
		DAY 2		
BREAKFAST	QUAKER	OATMEAL TO GO (cinnamon roll)	200	1.98
	QUAKER	OATMEAL TO GO (oats and honey)	160	1.60
LUNCH	MOUNTAIN HOUSE	CHILI MACARONI WITH BEEF	470	4.80
DINNER	MOUNTAIN HOUSE	MAC AND CHEESE	940	7.68
SNACK	CLIF BAR	CRUNCHY PEANUT BUTTER	250	2.46
	CLIF BAR	CHOCOLATE ALMOND FUDGE	250	2.46
		DAY 3		
BREAKFAST	QUAKER	OATMEAL TO GO (oats and honey)	160	1.60
	QUAKER	OATMEAL TO GO (oats and honey)	160	1.60
LUNCH	MOUNTAIN HOUSE	CHICKEN TERIYAKI W/ RICE	470	4.80
DINNER	NATURAL HIGH	BBQ CHICKEN AND RICE	600	6.87
SNACK	CLIF BAR	CHOC. CHI PEANUT CRUNCH	250	2.64
	CLIF BAR	CHOC. CHI PEANUT CRUNCH	250	2.64
		DAY 4		
BREAKFAST	QUAKER	OATMEAL TO GO (oats and honey)	160	1.60
	QUAKER	OATMEAL TO GO (oats and honey)	160	1.60
LUNCH	LONGVIEW	SWEET CHILI BEEF JERKY	200	3.03
	LONGVIEW	ORIGINAL BEEF JERKY	180	3.03
		ADDITIONAL FOOD		
	REFRESH	EFFERVESCENT MINERALS	450	6.63
	QUAKER	OATMEAL TO GO (oats and honey)	160	1.60
	M&M'S	PEANUT	787	5.43
	DARRYL LEA	LICORICE	640	7.61
		TOTAL CALORIES	9107	
		TOTAL FOOD WEIGHT	93.57	OZ.
			5.85	LBS.