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LAUGAVEGUR TRAIL - ICELAND

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
	5X TG 6" CF STAKES (5g/Each)	0.4
SLEEP SYSTEM	EE ENIGMA ELITE (-6*C)	19.65
	T-REST NEO AIR (S46 MOD)	6.7
	KOOKABAY SUB-1 PILLOW	0.86
SPARE CLOTHING	BRAWNY SIL RAIN JACKET	4.7
	BRAWNY SIL RAIN PANTS	3.3
	BRAWNY SILNYLON GAITERS	1.1
	MLD OVERMITTS	1.09
	WIGWAM GOBI LINERS	0.85
	MONTBELL EX LIGHT (L)	6.1
	MEC MIDWEIGHT TOP	6.75
	MEC EXPEDITION BOTTOM	7.58
	OR NINJACLAVA	2.05
	TEKO SIN3RGI LIGHT SOCKS (L)	2.2
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
WATER PURIFIER	AQUATABS(16 L)	0.1
TOOLS	50' AIRCORE NANO GUYLINE	0.5
	DERMA-SAFE FOLDING KNIFE	0.25
FLASHLIGHT	PETZL E-LITE W/ CASE	1.6
ORIENTATION	SUUNTO COMPASS/THERMO	0.3
	TRAIL MAP	1.7
FIRST AID KIT	CUSTOM SOLO FIRST AID KIT	1.75
	MINI LIGHTER	0.5
CAMERA	SONY RX100-3	9.7
	GOPRO HERO 4 W/ WP CASE	5.1
	JOBY GORILLAPOD MAGNETIC	2
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. 4 DAYS (20 sheets (4g) /day)	0.56
	BASE PACK WEIGHT (oz.)	186.71
	BASE PACK WEIGHT (lbs.)	11.67

CLOTHING AND ITEMS WORN

	CLOTHES WORN DURING HIKING	
DESCRIPTION	TYPE	WEIGHT
	(BRAND, STYLE)	*(Oz)*
BASE LAYER	MEC BC THERMAL TOP	4.76
	TEKO SIN3RGI LIGHT SOCKS (L)	2.2
	MY PACKAGE WEEKDAYS (M)	2.85
	MEC BC THERMAL BOTTOM	3.73
MID LAYER	BPL THOROFARE SHIRT (M)	4.55
OUTER LAYER	PATAGONIA READY MIX	14.1
	SEAWALL TRACKPANT 2.0 (M)	11
HAND/HEADWEAR	POLY HAT	1.6
	BUFF BANDANA (in pocket)	1.3
	BD POWERSTRETCH LINER	1.75
FOOTWEAR	MONTRAIL MTN MASOCHIST (S 11)	22.6
ACCESSORIES	KOMPERDELL C3 DUOLOCK	13.1
	WHISTLE ON LANYARD	0.11
	CLOTHING AND GEAR WORN (oz.)	83.65
	CLOTHING AND GEAR WORN (lbs.)	5.23

TOTALS

	LBS.
BASE PACK WEIGHT	11.67
CLOTHING AND GEAR WORN	5.23
FROM SKIN OUT (FSO)	16.90
FOOD	4.14
FUEL (14 grams X 1/day)	2.00
WATER (1L at START of each day)	2.20
BASE PACK WEIGHT + FOOD + FUEL + WATER	20.01

NUTRITION PLAN

	FOOD			
MEAL		DAY 1		
	BRAND	DESCRIPTION	CALORIES	WEIGHT (oz)
BREAKFAST	KELLOGGS	ALLBRAN HONEY NUT	130	1.15
	KELLOGGS	ALLBRAN CHOCOLATE CHIP	130	1.15
LUNCH	JACK LINKS	PEPPERED BEEF JERKY	240	3.30
DINNER	MOUNTAIN HOUSE	SPAGHETT W/ MEAT SAUCE	480	4.75
SNACK	CLIF	ENERGY BAR	250	2.40
	CLIF	ENERGY BAR	250	2.40
	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
DINNER	MOUNTAIN HOUSE	CHICKEN TERIYAKI W/ RICE	560	5.95
SNACK	CLIF	ENERGY BAR	250	2.40
	CLIF	ENERGY BAR	250	2.40
	ASSORTED	GUMMY CANDIES	250	6.00
		DAY 3		
BREAKFAST	KELLOGGS	ALLBRAN HONEY NUT	130	1.15
	KELLOGGS	ALLBRAN CHOCOLATE CHIP	130	1.15
LUNCH	KRAVE	CHILI LIME BEEF JERKY	270	4.20
DINNER	MOUNTAIN HOUSE	CHILI MACARONI WITH BEEF	500	4.75
SNACK	CLIF	ENERGY BAR	250	2.40
	CLIF	ENERGY BAR	250	2.40
	ASSORTED	GUMMY CANDIES	250	6.00
		TOTAL CALORIES	5100	
		TOTAL FOOD WEIGHT	66.25	OZ.
			4.14	LBS.