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NORTH COAST TRAIL - CAPE SCOTT PROVINCIAL 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
	ZPACKS CHEST PACK	1.9
	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	MONTBELL EX LIGHT (L)	6.1
	MEC BC THERMAL TOP	4.76
	MEC BC THERMAL BOTTOM	3.73
	TEKO ECOMERINO UL SOCKS	2.2
	BPL HEADNET	0.32
	WIGWAM GOBI LINERS	0.85
	BD POWERSTRETCH LINER	1.75
	CAMO POLY HAT	1.6
	BRAWNY SILNYLON GAITERS	1.1
RAIN GEAR	BRAWNY SILNYLON RAIN JACKET	4.7
	BRAWNY SILNYLON RAIN PANTS	3.3
	MLD OVERMITTS	1.09
KITCHEN	FIRELITE SUL 500 w/ SACK	1.89
	S46 WELDED WINDSCREEN (S)	0.35
	MLD LONG HANDLE TI SPOON	0.56
	S46 NAPSIKTOK STOVE	0.78
	1 L GATORADE BOTTLE	1.9
	NALGENE WIDEMOUTH 2L	2.3
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
	MAP PAGE IN ZIPLOCK (X2)	0.4
FIRST AID KIT	CUSTOM SOLO FIRST AID KIT	2.7
	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. 4 DAYS (20 sheets (4g) /day)	0.56
	BASE PACK WEIGHT (oz.)	183.56
	BASE PACK WEIGHT (lbs.)	11.47

CLOTHING AND ITEMS WORN

	CLOTHES WORN DURING HIKING	
DESCRIPTION	TYPE	WEIGHT
	(BRAND, STYLE)	*(Oz)*
BASE LAYER	TEKO ECOMERINO UL SOCKS	2.2
	EX-EFFICIO BOXERS	3.75
SHIRT	BPL THOROFARE SHIRT (M)	4.55
PANTS	BPL THOROFARE SHORTS (M)	3.2
	CLIMACOOL CALF SLEEVES	1.6
FOOTWEAR	MONTRAIL ROCKRIDGE (SZ 11)	25.48
HEADWEAR	BUFF	1.3
	O.R. RADAR VISOR	1.66
NECKWEAR	WHISTLE ON LANYARD	0.11
POLES	KOMPERDELL C3 CARBON	13.1
WRISTWEAR	CASIO WATCH	1.1
	CLOTHING AND GEAR WORN (oz.)	58.05
	CLOTHING AND GEAR WORN (lbs.)	3.63

TOTALS

	LBS.
BASE PACK WEIGHT	11.47
CLOTHING AND GEAR WORN	3.63
FROM SKIN OUT (FSO)	15.10
FOOD	2.76
FUEL (14 grams X 1/day)	1.50
WATER (2L at START of each day)	4.40
BASE PACK WEIGHT + FOOD + FUEL + WATER	20.14

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	
		TOTAL CALORIES	3580		
		TOTAL FOOD WEIGHT	44.20	OZ.	
			2.76	LBS.	