

PUKASKWA NATIONAL PARK - COASTAL HIKING TRAIL

ITEMS CARRIED IN BACKPACK			CLOTHING AND ITEMS WORN			NUTRITION PLAN					
DESCRIPTION	CARRIED GEAR		CLOTHES WORN DURING HIKING			FOOD					
	TYPE (BRAND, STYLE)	WEIGHT (Oz)	DESCRIPTION	TYPE (BRAND, STYLE)	WEIGHT (Oz)	MEAL	BRAND	DAY 1 DESCRIPTION	CALORIES	WEIGHT (oz)	
BACKPACK	ZPACKS BLAST 26	7.89	BASE LAYER	TEKO ECOMERINO UL 1/4 SOCKS	1.4	LUNCH	JACK LINKS	PEPPERED BEEF JERKY	240	3.30	
	S46 STUFFTUBE (CLOTHES)	0.25		EX-EFFICIO BOXERS	3.75						
	GG LARGE STUFFSACK (FOOD)	0.55	SHIRT	BPL THOROFARE SHIRT (M)	4.55	DINNER	MOUNTAIN HOUSE	SPAGHETTI W/ MEAT SAUCE	480	4.75	
	GG SMALL STUFFSACK (MISC.)	0.4									
OR SMALL ZIP SACK (MISC.)	1.13	PANTS	BPL THOROFARE PANT (M)	3.98	SNACK	CLIF BAR	CHOCOLATE ALMOND FUDGE	250	2.60		
SHELTER	SMD REFUGE X	15.9	FOOTWEAR	MONTRAIL ROCKRIDGE (SZ 11)			25.48	CLIF BAR	CRUNCHY PEANUT BUTTER	250	2.60
	8X TG 6" CF STAKES (5g/Each)	1.41			ASSORTED	GUMMY CANDIES		300	6.50		
SLEEP SYSTEM	EE EPIPHANY QUILT	11.01	HEADWEAR	PATAGONIA HAT	1.5	DAY 2					
	S46 PG-SHEET (3/8" X 19" X 44")	2.8	NECKWEAR	WHISTLE ON LANYARD	0.11	BREAKFAST	KELLOGGS	ALLBRAN HONEY NUT	130	1.15	
	S46 PG-SHEET (1/8" X 25" X 74")	2.2						KELLOGGS	ALLBRAN CHOCOLATE CHIP	130	1.15
	KOOKABAY SUB-1 PILLOW	0.86	POLES	KOMPERDELL C3 CARBON	13.1	LUNCH	JACK LINKS	BEEF STEAK NUGGETS	280	4.00	
SPARE CLOTHING	MONTBELL EX LIGHT (L)	6.1	WRISTWEAR	CALCULATOR WATCH	0.9			DINNER	MOUNTAIN HOUSE	CHICKEN TERIYAKI W/ RICE	560
	MEC BC THERMAL TOP	4.76				TOTALS				SNACK	CLIF BAR
	MEC BC THERMAL BOTTOM	3.73	BASE PACK WEIGHT (oz.)		CLIF BAR	CHOCOLATE CHIP	250	2.60			
	TEKO ECOMERINO UL SOCKS	2.2	54.77		ASSORTED	GUMMY CANDIES	300	6.50			
	BPL HEADNET	0.32	CLOTHING AND GEAR WORN (lbs.)		DAY 3						
	WIGWAM GOBI LINERS	0.85	3.42		BREAKFAST	KELLOGGS	ALLBRAN HONEY NUT	130	1.15		
	BD POWERSTRETCH LINER	1.75	TOTALS					KELLOGGS	ALLBRAN CHOCOLATE CHIP	130	1.15
	POLY HAT	1.6						LUNCH	PECOS BILLS	MINI DRY PEPPERONI	480
BUFF	1.3	SUNRYPE								FRUITSOURCE	600
RAIN GEAR	S46 WP/B CUBEN FIBER RAIN JKT	2.8						BASE PACK WEIGHT		5.92	DINNER
	CUBEN RAIN CHAPS	1.52	CLOTHING AND GEAR WORN		3.42	SNACK	CLIF BAR	CHOCOLATE ALMOND FUDGE	250	2.60	
	MLD OVERMITTS	1.09	FROM SKIN OUT (FSO)		9.34			CLIF BAR	CHOCOLATE CHIP	250	2.60
KITCHEN	S46 TEA SYSTEM	1.59	FOOD		6.71	SNACK	ASSORTED	GUMMY CANDIES	300	6.50	
	MLD LONG HANDLE TI SPOON	0.56	FUEL (14 grams X 1/day)		0.12			DAY 4			
	1 L GATORADE BOTTLE	1.9	WATER (2L at START of each day)		4.40	BREAKFAST	KELLOGGS	ALLBRAN HONEY NUT	130	1.15	
PLATYPUS 1 LITER FOLDABLE	0.9	BASE PACK WEIGHT + FOOD + FUEL + WATER		17.15	KELLOGGS			ALLBRAN CHOCOLATE CHIP	130	1.15	
WATER PURIFIER	AQUATABS(16 L)	0.1	TOTALS								
TOOLS	50' AIRCORE NANO GUYLINE	0.5	TOTALS								
	DERMA-SAFE FOLDING KNIFE	0.25									
	S46 CUBEN FIBER STRAP CHAIR	2.11									
FLASHLIGHT	PETZL E-LITE W/ CASE	1.6	TOTALS								
ORIENTATION	SUUNTO COMPASS/THERMO	0.3	TOTALS								
	MAP PAGE IN ZIPLOCK (X3)										
FIRST AID KIT	CUSTOM SOLO FIRST AID KIT	1.75	TOTALS								
	MINI LIGHTER	0.5									
CAMERA	PANASONIC DMC-ZS3 W/CASE	8.4	TOTALS								
TOILET KIT	COLGATE WISP TOOTHBRUSH	0.03	TOTALS								
	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									
	MUSKOL MOSQUITO REPELENT	0.67									
ADDITIONAL FOOD			TOTALS								
BASE PACK WEIGHT (oz.)		94.72	TOTALS								
BASE PACK WEIGHT (lbs.)		5.92									
BASE PACK WEIGHT (oz.)		94.72									TOTAL CALORIES
BASE PACK WEIGHT (lbs.)		5.92	TOTAL FOOD WEIGHT		6.71	TOTAL CALORIES		8676	LBS.		