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RIM TO RIM TO RIM - GRAND CANYON NATIONAL PARK

ITEMS CARRIED IN BACKPACK

CARRIED GEAR

DESCRIPTION	TYPE (BRAND, STYLE)	WEIGHT (Oz)
BACKPACK	ZPACKS BLAST 26 (WHITE)	7.89
	S46 STUFFTUBE (CLOTHES)	0.25
	GG LARGE STUFFSACK (FOOD)	0.55
	OR SMALL ZIP SACK (MISC.)	1.13
SHELTER	SMD REFUGE X (WHITE)	15.9
	8X TG 6" CF STAKES (5g/Each)	1.41
SLEEP SYSTEM	EE ENIGMA ELITE (-6*C)	19.65
	S46 PG-SHEET (3/8" X 19" X 44")	2.8
	S46 PG-SHEET (1/8" X 25" X 74")	2.2
	KOOKABAY SUB-1 PILLOW	0.86
SPARE CLOTHING	MEC BC THERMAL TOP	4.76
	MEC BC THERMAL BOTTOM	3.73
	TEKO ECOMERINO UL SOCKS	2.2
	MONTBELL EX LIGHT (L)	6.1
	WIGWAM GOBI LINERS	0.85
	POLY HAT	1.6
RAIN GEAR	BRAWNY SILNYLON RAIN JACKET	4.7
	BRAWNY SILNYLON RAIN PANTS	3.3
	MLD OVERMITTS	1.09
KITCHEN	S46 FLEXI-CONE SYSTEM	1.59
	MLD LONG HANDLE TI SPOON	0.56
	1 L GATORADE BOTTLE	1.9
	NALGENE WIDEMOUTH 2L	2.3
WATER PURIFIER	AQUATABS(24 L)	0.15
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	1.24
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
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. 3 DAYS (20 sheets (4g) /day)	0.43
	BASE PACK WEIGHT (oz.)	109.45
	BASE PACK WEIGHT (lbs.)	6.84

CLOTHING AND ITEMS WORN

CLOTHES WORN DURING HIKING

DESCRIPTION	TYPE (BRAND, STYLE)	WEIGHT (Oz)
FOOTWEAR	MONTRAIL MTN MASOCHIST (SZ 11)	22.6
PANTS	SEAWALL TRACKPANT 2.0 (M)	11
SHIRT	BPL THOROFARE SHIRT (M)	4.55
SOCKS	TEKO ECOMERINO UL SOCKS	2.2
TREKKING POLES	KOMPERDELL C3 DUOLOCK	13.1
HEADWEAR	BUFF	1.3
NECKWEAR	WHISTLE ON LANYARD	0.11
	CLOTHING AND GEAR WORN (oz.)	54.86
	CLOTHING AND GEAR WORN (lbs.)	3.43

TOTALS

	LBS.
BASE PACK WEIGHT	6.84
CLOTHING AND GEAR WORN	3.43
FROM SKIN OUT (FSO)	10.27
FOOD	3.70
FUEL (14 grams X 1/day)	0.10
WATER (2L at START of each day)	4.40
BASE PACK WEIGHT + FOOD + FUEL + WATER	15.04

NUTRITION PLAN

FOOD

MEAL	BRAND	DESCRIPTION	CALORIES	WEIGHT (oz)
		DAY 1		
BREAKFAST	PRESIDENTS CHOICE	CHOCOLATE COVERED BAR	130	1.15
	PRESIDENTS CHOICE	CHOCOLATE COVERED BAR	130	1.15
LUNCH	JACK LINKS	BEEF STEAK NUGGETS	280	4.00
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	PRESIDENTS CHOICE	CHOCOLATE COVERED BAR	130	1.15
	PRESIDENTS CHOICE	CHOCOLATE COVERED BAR	130	1.15
LUNCH	JACK LINKS	PEPPERED BEEF JERKY	240	3.30
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	PRESIDENTS CHOICE	CHOCOLATE COVERED BAR	130	1.15
	PRESIDENTS CHOICE	CHOCOLATE COVERED BAR	130	1.15
LUNCH	KRAVE	CHILI LIME BEEF JERKY	270	4.20
SNACK	CLIF	ENERGY BAR	250	2.40
	CLIF	ENERGY BAR	250	2.40
	ASSORTED	GUMMY CANDIES	250	6.00
		TOTAL CALORIES	4600	
		TOTAL FOOD WEIGHT	59.20	OZ.
			3.70	LBS.