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ALGONQUIN PROVINCIAL PARK - WESTERN UPLANDS TRAIL (3RD LOOP)

ITEMS CARRIED IN BACKPACK

	CARRIED GEAR	
DESCRIPTION	TYPE	WEIGHT
	(BRAND, STYLE)	*(Oz)*
BACKPACK	ZPACKS BLAST 26	7.89
	S46 STUFFTUBE (CLOTHES)	0.25
	GG LARGE STUFFSACK (FOOD)	0.55
	GG SMALL STUFFSACK (MISC.)	0.4
	OR SMALL ZIP SACK (MISC.)	1.13
SHELTER	SMD REFUGE X	15.9
	8X TG 6" CF STAKES (5g/Each)	1.41
SLEEP SYSTEM	EE EPIPHANY QUILT	11.01
	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	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
RAIN GEAR	S46 WP/B CUBEN FIBER RAIN JKT	2.8
	CUBEN RAIN CHAPS	1.52
	MLD OVERMITTS	1.09
KITCHEN	S46 TEA SYSTEM	1.59
	MLD LONG HANDLE TI SPOON	0.56
	1 L GATORADE BOTTLE	1.9
	PLATYPUS 1 LITER FOLDABLE	0.9
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
	MAP PAGE IN ZIPLOCK (X3)	1.24
FIRST AID KIT	CUSTOM SOLO FIRST AID KIT	1.75
	MINI LIGHTER	0.5
CAMERA	PANASONIC DMC-ZS3 W/CASE	8.4
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
	MOSQUITO REPELENT	0.8
	BASE PACK WEIGHT (oz.)	89.33
	BASE PACK WEIGHT (lbs.)	5.58

CLOTHING AND ITEMS WORN

	CLOTHES WORN DURING HIKING	
DESCRIPTION	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
WRISTWEAR	WATCH	1.25
	CLOTHING AND GEAR WORN (oz.)	54.92
	CLOTHING AND GEAR WORN (lbs.)	3.43

TOTALS

	LBS.
BASE PACK WEIGHT	5.58
CLOTHING AND GEAR WORN	3.43
FROM SKIN OUT (FSO)	9.02
FOOD	4.92
FUEL (14 grams X 1/day)	3.60
WATER (2L at START of each day)	4.40
BASE PACK WEIGHT + FOOD + FUEL + WATER	18.50

NUTRITION PLAN

	FOOD				
MEAL		**DAY 1**			
	BRAND	DESCRIPTION	CALORIES	WEIGHT (oz)	
LUNCH	JACK LINKS	PEPPERED BEEF JERKY	240	3.30	
DINNER	MOUNTAIN HOUSE	SPAGHETT W/ MEAT SAUCE	480	4.75	
SNACK	QUAKER	OATMEAL TO GO (cinnamon roll)	200	1.98	
	ASSORTED	GUMMY CANDIES	400	9.70	
		DAY 2			
BREAKFAST	KELLOGGS	ALLBRAN HONEY NUT	130	1.15	
	KELLOGGS	ALLBRAN CHOCOLATE CHIP	130	1.15	
	KELLOGGS	ALLBRAN HONEY NUT	130	1.15	
LUNCH	JACK LINKS	BEEF STEAK NUGGETS	280	4.00	
DINNER	MOUNTAIN HOUSE	CHICKEN TERIYAKI W/ RICE	560	5.95	
SNACK	QUAKER	OATMEAL TO GO (cinnamon roll)	200	1.98	
	ASSORTED	GUMMY CANDIES	400	9.70	
		DAY 3			
BREAKFAST	KELLOGGS	ALLBRAN HONEY NUT	130	1.15	
	KELLOGGS	ALLBRAN CHOCOLATE CHIP	130	1.15	
	KELLOGGS	ALLBRAN CHOCOLATE CHIP	130	1.15	
LUNCH	PECOS BILLS	MINI DRY PEPPERONI	480	3.95	
	SUNRYPE	FRUITSOURCE	600	5.65	
DINNER	MOUNTAIN HOUSE	MACARONI AND CHEESE	940	7.95	
SNACK	QUAKER	OATMEAL TO GO (cinnamon roll)	200	1.98	
	ASSORTED	GUMMY CANDIES	400	9.70	
		DAY 4			
BREAKFAST	KELLOGGS	ALLBRAN HONEY NUT	130	1.15	
	KELLOGGS	ALLBRAN CHOCOLATE CHIP	130	1.15	
LUNCH	JACK LINKS	PEPPERED BEEF JERKY	240	3.30	
	QUAKER	OATMEAL TO GO (cinnamon roll)	200	1.98	
DINNER	B'PACKER PANTRY	KATMANDU CURRY	680	7.75	
		ADDITIONAL FOOD			
	PLANTERS	MIXED NUTS	1980	10.35	
	TANG	ORANGE MIX		3.45	
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	COUNTRY TIME	SINGLE LEMON MIX (7x)	490	5.10	
		TOTAL CALORIES	10010		
		TOTAL FOOD WEIGHT	115.17	OZ.	
			7.20	LBS.	