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ZION NATIONAL PARK - NARROWS "TOP DOWN" OVERNIGHT HIKE

ITEMS CARRIED IN BACKPACK

	CARRIED GEAR	
DESCRIPTION	TYPE	WEIGHT
	(BRAND, STYLE)	*(Oz)*
BACKPACK	ULA ARCTIC DRY PACK	31.25
	50 L DRYSACK	10.1
	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
	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
	SEALSKINZ NEO SOCKS	3.7
	ARCTERYX T-NECK POLY ZIP	8.65
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	MICROPUR TABLETS (16 L)	0.36
TOOLS	50' AIRCORE NANO GUYLINE	0.5
	DERMA-SAFE FOLDING KNIFE	0.25
FLASHLIGHT	PHOTON EX MICRO w/ String clip	0.32
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. 2 DAYS (20 sheets (4g) /day)	0.28
	BASE PACK WEIGHT (oz.)	133.32
	BASE PACK WEIGHT (lbs.)	8.33

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
	CLOTHING AND GEAR WORN (oz.)	53.67
	CLOTHING AND GEAR WORN (lbs.)	3.35

TOTALS

	LBS.
BASE PACK WEIGHT	8.33
CLOTHING AND GEAR WORN	3.35
FROM SKIN OUT (FSO)	11.69
FOOD	3.37
FUEL (6.5 grams X 4/day)	0.11
WATER (2L at START of each day)	4.40
BASE PACK WEIGHT + FOOD + FUEL + WATER	16.21

NUTRITION PLAN

	FOOD				
MEAL		**DAY 1**			
	BRAND	DESCRIPTION	CALORIES	WEIGHT (oz)	
LUNCH	PECOS BILLS	PEPPERED BEEF JERKY	320	4.60	
	PECOS BILLS	MINI DRY PEPPERONI	480	3.70	
DINNER	MOUNTAIN HOUSE	SWEET AND SOUR PORK	550	5.11	
SNACK	CLIF BAR	CRUNCHY PEANUT BUTTER	250	2.46	
	CLIF BAR	CHOCOLATE ALMOND FUDGE	250	2.46	
		DAY 2			
BREAKFAST	QUAKER	OATMEAL TO GO (cinnamon roll)	200	1.98	
	QUAKER	OATMEAL TO GO (oats and honey)	160	1.60	
LUNCH	MOUNTAIN HOUSE	CHILI MACARONI WITH BEEF	470	4.80	
DINNER	MOUNTAIN HOUSE	MAC AND CHEESE	940	7.68	
SNACK	CLIF BAR	CRUNCHY PEANUT BUTTER	250	2.46	
	CLIF BAR	CHOCOLATE ALMOND FUDGE	250	2.46	
		ADDITIONAL FOOD			
	QUAKER	OATMEAL TO GO (oats and honey)	160	1.60	
	M&M'S	PEANUT	787	5.43	
	DARRYL LEA	LICORICE	640	7.61	
		TOTAL CALORIES	5707		
		TOTAL FOOD WEIGHT	53.95	OZ.	
			3.37	LBS.	