JULY 2024 - TUNGUNIQ "WATER SKY" EXPEDITION - TORNGATS MULTI-SPORT HIGHLIGHTS ROUTE

ITEMS CARRIED IN BACKPACK

CARRIED GEAR

DESCRIPTION	TYPE *(BRAND, STYLE)*	WEIGHT *(Oz)*
BACKPACK	HMG NORTHRIM 70 - TALL	40.4
	S46 STUFFTUBE (CLOTHES)	0.25
	URSACK ALLMITEY GRIZZLY (20L) - *Food*	13.8
	2x OPSAK LARGE BAGS (30 X 50) (44g/each)	3.1
	3L SEA TO SUMMIT DRYBAG (YELLOW) - C*amera Gear*	1.6
	1L SEA TO SUMMIT ULTRASIL DRYBAG (RED) - *First Aid*	0.7
	1L SEA TO SUMMIT DRYBAG ULTRASIL (BLUE) - *Toiletries*	0.7
SHELTER	TARPTENT NOTCH LI w/solid interior, stuffsack & guylines	20.2
	6X SULUK 46 TUPIQ TENT STAKES (7g/Each)	1.5
SLEEP SYSTEM	EE ENIGMA ELITE (-6*C)	19.65
	ZPACKS GREY CF DRYBAG	0.9
	THERMAREST NEOAIR UBERLITE (REGULAR) w/ patch	9.64
	SEA TO SUMMIT AEROS UL PILLOW	2
SPARE CLOTHING	PATAGONIA SLATE GREY HIARDSHELL (L) *OPTIONAL*	11.64
	ZPACKS VERTICE RAIN PANTS (L)	3.2
	ZPACKS VERTICE RAINMITTS (L)	1
	ZPACKS VERTICE RAIN JACKET (L)	6.4
	MY PACKAGE WEEKDAYS (M)	2.85
	MONTBELL EX LIGHT (L)	6.1
	TEKO SIN3RGI LIGHT SOCKS (L)	2.2
	OR NINJACLAVA	2.05
	POSSUM DOWN SOCKS	2.5
	MEC BC THERMAL TOP	4.76
	MEC BC THERMAL BOTTOM	3.73
	TERRA ROSA CUSTOM INSULATED TOQUE	1.6
KITCHEN	TOAKS 500 w/ ROLLED RIB	2.17
	S46 PROTOTYPE CONE STOVE	0.78
	TOAKS POLISHED LONG HANDLED SPOON	0.56
	SMALL SPONGE	0
	1 L GATORADE BOTTLE	1.9
	2L PLATYPUS WATER TANK	2.7
	SULUK 46 MIKSA POT LIFTER	0.1
WATER PURIFIER	AQUATABS (40 L)	0.1
TOOLS	50 FT 1.3MM Z-LINE CORD	0.56
	DERMA-SAFE FOLDING KNIFE	0.25
	SULUK 46 PUTTUCK UL STRAP CHAIR	2.3
FLASHLIGHT	PETZL E-LITE W/ CASE	1.6
ORIENTATION	3X TOPO MAP	5
	RIVER/TRAIL NOTES	3
	MEC MAP CASE DRY SLEEVE	4
FIRST AID KIT	CUSTOM SOLO FIRST AUD/SURVIVAL KIT	7.2
	MINI LIGHTER X 2 (0.5 OZ EACH)	1
	GARMIN INREACH MINI	3
CAMERA	GOPRO HERO 8 w/battery	4.15
	SPARE GOPRO 8 BATTERY X3	3
	JOBY MINI MAGNETIC GORILLAPOD	1
	GOPRO TRIPOD MOUNT	0.4
	PACKRAFT GOPRO NOSE MOUNT w/ cordage	1
	2x GOPRO HELMET MOUNT	0.8
	GOPRO HERO 10 w/battery	5.7
	SPARE GOPRO BATTERY X7	7
	2X GOPRO SCREWS (10 g/each)	0.72
	GOOGLE PIXEL 6	8.2
TOILET KIT	ZPACKS ULTRALIGHT TOOTHBRUSH w/ 7 days toothpaste	0.71
	SPF 30 SUNBLOCK IN TIN CONTAINER	0.5
	PURELL (3.2ml) in dropper	0.14
	DR. BROMMERS'S (3.2ml) in dropper	0.14
	T.P. 10 DAYS (20 sheets (4g) /day)	1.6
	3x FLOSS TOOTHPICKS	0.2
	4X TOWELETTES	1
	CORNSTARCH POWDER	1
	BASE PACK WEIGHT (OZ.)	**235.95**
	BASE PACK WEIGHT (LBS)	**14.75**

CLOTHING AND ITEMS WORN

CLOTHES WORN DURING HIKING

DESCRIPTION	TYPE *(BRAND, STYLE)*	WEIGHT *(Oz)*
BASE LAYER	TEKO SIN3RGI LIGHT SOCKS (L)	2.2
	MY PACKAGE WEEKDAYS (M)	2.85
	MEC CHECKERED SHIRT (L)	6.2
MID LAYER	ARCTERYX T-NECK POLY ZIP	8.65
	MY PACKAGE WEEKDAYS LEGGINGS (S)	4.9
OUTER LAYER	ARCTERYX GAMMA LT HOODY (L)	19.2
	MEC MICA JOGGER (SZ. 34)	9.8
HAND/HEADWEAR	SULUK 46 QUICKDRY HAT	3.3
	BUFF BANDANA (in pocket)	1.3
	MEC GOTIO FLEECE GLOVES (L)	1.86
	BPL HEADNET	0.4
FOOTWEAR	New Balance Fresh Foam Trail V2 (Size 11)	24.5
ACCESSORIES	GG LT5 3-PIECE CARBON TREK POLES	10.6
	SUUNTO CORE WATCH (THERMO/COMPASS)	2.4
	SEATTLE SPORTS 225g SPRAY HOLSTER	0.8
	BEARSPRAY	8
	FOX 40 PEALESS WHISTLE	0.3
	CLOTHING AND GEAR WORN (OZ.)	**107.26**
	CLOTHING AND GEAR WORN (LBS)	**6.70**

NUTRITION PLAN

BREAKFAST	2X QUAKER BREAKFAST BARS	2.20
SNACK	1X CLIFF BARS	2.60
	2X FRUIT ROLL UPS	1.10
	DRIED FRUIT	1.70
LUNCH	BEEF JERKY	3.32
	POUCH OF CANDY	3.00
DINNER	FREEZE DRIED DINNER	6.00
	NUMBER OF DAYS	10
	TOTAL FOOD WEIGHT (OZ.)	**199.20**
	TOTAL FOOD WEIGHT (LBS)	**12.45**

PACKRAFT KIT

ALPACKA - GNARWHAL (L) w/ backband & thighstraps	122
GNARWHAL INFLATABLE SEAT	12.8
WHITEWATER SKIRT	7.5
WHITEWATER SKIRT RIM TUBE	5.5
INFLATION BAG	4
20L SEA TO SUMMIT ULTRASIL DRYBAG (RED)	1.8
SOCKDOLAGER BOW BAG w/ 4 STRAPS	6.7
AQAUBOUND WHISKEY CARBON 4-Piece STRAIGHT SHAFT	25
PROTOTYPE HYBRID PFD	13.9
CARBON FIBER HENDRIX BERN HELMET (L)	16.2
ALPACKA STOWAWAY DRYSUIT w/ added latex socks	38.6
SULUK 46 CUSTOM WATER SHOES	2.8
LEVEL 6 PROTON 3mm NEOPRENE GLOVES	4.1
2x INTERNAL ZIPPERED ALPACKA STORAGE BAGS	16.8
2X PATCH KIT	3.6
SMALL ROLL OF GORILLA TAPE	2
SMALL ROLL OF TYVEK TAPE	3
AQUA SEAL SILICON SEALER	3
TOTAL (OZ.)	**289.30**
TOTAL (LBS)	**18.08**

TOTALS	LBS.
BASE PACK WEIGHT	14.75
CLOTHING AND GEAR WORN	6.70
PACKRAFT KIT	18.08
FROM SKIN OUT (FSO)	39.53
FOOD	12.45
FUEL (14 grams X 1/day)	0.33
WATER (1L at START of each day)	2.20
BASE PACK WEIGHT + FOOD + FUEL + WATER	**47.81**