

Grand 2 Grand Ultra Backpacking List

7 Days, 160 Miles

Minimum 2,000 calories/ per day

weight in oz

1 lb = 16 oz

TOTAL PACK WEIGHT	17.6
32L Osprey Pack	2.3
TOTAL WEIGHT	19.9 Lb.

FOOD

ProBar	Pkg. Weight	Calories	Quantity	Total Weight	Total Calories	Calories Per OZ
ProBar PB & J	3	370	2	6	740	123.3
Las Vegas, NV - LAS	3	380	3	9	1140	126.7
ProBar PB& Chocolate Chip	3	393	4	12	1572	131.0
ProBar Fruitions	1.3	160	7	9.1	1120	123.1
ProBar Halo Smores	1.3	150	2	2.6	300	115.4
TOTAL PROBAR	11.6	1453	18	38.7	4872	125.9
In Lbs. & Kcal per lb				2.4	2014	832.8

Mountain House	Pkg. Weight	Calories	Quantity	Total Weight	Total Calories	
MH Lasagna w/ Meat Sauce	4.8	600	3	14.4	1800	125.0
MH Beef Stew	4.3	525	3	12.9	1575	122.1
MH Ice Cream Sandwich	1.13	170	3	3.39	510	150.4
MH Neapolitan Ice Cream	0.75	120	3	2.25	360	160.0
Total MH	10.98	1415	12	32.94	4245	128.9
In Lbs. & Kcal per lb				2.06	2062	1001.5

Miscellaneous	Pkg. Weight	Calories	Quantity	Total Weight	Total Calories	
Snickers	2.07	280	6	12.42	1680	135.3
GU Gels	1.1	100	8	8.8	800	90.9
Grab & Go Brown Sugar Oatmeal, Raisins	9.5	800	1	9.5	800	84.2
Vincent's Meal Plan	24	2357	1	24	2357	98.2
TOTAL MISCELLANEOUS				54.72	5637	103.0
In Lbs. & Kcal per lb				3.42	1648.25	481.9

TOTAL FOOD	126.36	14754
In Lbs. & Kcal per lb	7.90	1868.19

Electrolytes & Macha Tea

(Not counted towards calorie minimums)

NECESSITIES

	Pkg.	Weight	Quantity
CamelBak Bottle 1L (filled with H2O)	4		1
Banana Boat Sunscreen SPF 30	1.8		1
Wetwipes	2		1
Secret Deodorant	0.5		1
Colgate Toothpaste	0.85		1
Toothbrush	0.5		1
Dr. Bronner's Peppermint Soap	2		1
Razor	0.25		1
ChapStick SPF 15	0		1
Body Shop Body Butter	3		1
BHK Lil Muk Knife with Kydex Sheath	3.75		1
Signal Mirror/Brush	1.5		1
Fenix Headlamp w/ Lithium Batteries	3.5		1
Western Mountaineering Ultralite Sleeping Bag			
in Sea-to-Summit Stuff Sack	32		1
Thermarest Sleeping Pad	13.75		1
Leki Carbon Trekking Poles w/ duct tape	14.5		1
Spork	0		1
Silva Compass	0.5		1
Whistle	0.5		1
iPod	0.3		1
Lighter	0		1
Space Blanket	2.75		1
Sharpie	0.25		1
Journal	3		1
Camera	6		1
Medical Kit	9.5		1
TOTAL NECESSITIES	106.7		26
Lbs.	6.7		3.9

29 oz total with H2O

CLOTHES

	Pkg.	Weight	Quantity
Socks (Wigwam Single Trax Pro & Swiftwick Compression)	4.25		3
Adidas capripants	6.5		1
Canada Goose	16		1
Sarong	5		1
Bandana	0.25		2
Baffin Camp Shoes (slippers)	5		1
Tanktop	6		1
Sunglasses	0		1
Visor	0		1
TOTAL CLOTHES	43		12
Lbs.	2.7		

