

GRAND PLAN

1. weight loss
 2. training (strength + cardio)
 3. packing prep
 4. route reconnaissance
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WEIGHT LOSS

GOAL: 25 pounds (11.34 kg) of *FAT* by May 1
DIET: 1000 cal/day deficit = 7K cal/wk = 2 lbs./wk loss
BMR: 2600 cal/day
STRESS ON: low carb, high protein
START WGT: 126.5 kg
GOAL WGT: 115 kg
INTAKE: 1600 cal/day

TRAINING: STRENGTH

Pushups → GOAL = 20 pushups, standard
Planking → GOAL = 1 min front, 1 min lft, 1 min rgt
Squats → GOAL = 50 squats

TRAINING: CARDIO

Creek Walk → GOAL = long walk + 35-lb. Pack + 33 staircases, @ least 5 days/row
Bldg Stairs → GOAL = 2X up stairs, fully encumbered (35 lbs.)
J-Rope → GOAL = 10 min

PACKING PREP (RED = PURCHASED/ALREADY HAVE)

CLOTHING

- hiking pants, 1
- reg. underwear, 1
- cycling pants, 1
- sweatpants, 1
- tee shirt, 2 (1 black, 1 white)
- windbreaker/rain jacket

FOOTWEAR

- New Balance walking shoes (1 pair)
- hiking socks (REI, 1 pair)

SHELTER

- bivy bag
- footprint (or plastic sheet)
- backpack shroud
- camp brush (stiff bristles)

TOILETRIES

- toothbrush, toothpaste, Q-Tips
- nail clipper, bar soap, deodorant
- contact-lens fluid, lens container
- 3 washcloths, 1 standard Korean towel
- chamois

BEDDING

- foam roll
- sleeping bag
- compression harness

PILLS

- vitamins, psyllium, aspirin
- BP/b-sugar meds
- cold & allergy meds

RECORD-KEEPING

- Moleskine, pen(s)

FIRST AID/PREVENTIVE/SANITATION

- kit + boxes of bandages + rolls of gauze + medical tape
- mosquito meds: After Bite, repellent lotion (*Off!*)
- disinfectant wipes
- alcohol wipes (single packets)
- emergency blanket
- Kleenex packs, terlit-paper rolls
- trowel for cat holes if needed
- first-aid cream, sunscreen, Chapstick

NAVIGATION + TECH

- cell phone!
- portable cell-phone charger
- regular plug-in charger + wire
- 2 cell batteries

FOOD & DRINK & NUTRITION

- Grayl purifier
- CamelBak
- Soylent, Survival Tabs
- MREs (4)
- Mountain House packs (5)
- chemical-heat stove w/heat packs
- mess kit
- cigarette lighter + matches
- plastic gallon jugs (for gathering water)

TOOLS

- cord/plastic twine
- flashlight
- pocket knife, multitool

OTHER

- reflector strips (for night/tunnels)
- trekking poles