

System	Item	Purpose	Quantity	Weight (g)	Weight (oz)	Weight (lb)	
GEAR WORN / IN HANDS	North Face Trail Shoes	On feet (spring/autumn)	2	931	32.84	2.05	
	Craghoppers Stretch Trousers	On legs	1	390	13.76	0.86	
	Icebreaker Base Layer	On torso	1	192	6.77	0.42	
	Boxers	Guess	1	50	1.76	0.11	
	Smartwool Socks	On feet	1	26	0.92	0.06	
	Trekking Poles	Support	2	560	19.75	1.23	
	RAB Vapour Rise Jacket	On torso (spring/autumn)	1	559	19.72	1.23	
TOTAL				2708	95.52	5.97	
PACKING	Osprey Talon 33 Sack	Carrying stuff	1	966	34.07	2.13	
	Spyder Compression Sack	Compress Sleeping Bag	1	58	2.05	0.13	
	Exped Drybag Red	For Essentials/Clothing	1	57	2.01	0.13	
	Exped Drybag Green	For Camera/Phone/GPS	1	47	1.66	0.10	
TOTAL				1128	39.79	2.49	
SHELTER	Terra Nova Laser Competition	Sleeping inside/shelter	1	987	34.82	2.18	
	Alpkit V Stakes	Pegging tent	8	98	3.46	0.22	
	MSR Stakes	Pegging tent	2	32	1.13	0.07	
TOTAL				1117	39.40	2.46	
SLEEPING	PHD Minimus Sleeping Bag	Sleeping inside	1	863	30.44	1.90	
	RAB Silk Liner	Increasing rating of bag	1	142	5.01	0.31	
	POE Peak Elite AC Mat	Sleeping on	1	346	12.20	0.76	
	Exped Air Pillow	Sleeping on	1	83	2.93	0.18	
TOTAL				1434	50.58	3.16	
COOKING	Optimus Crux Stove	Heating water	1	84	2.96	0.19	
	Optimus Ti Pot and Lid	Heating water/drinking	1	177	6.24	0.39	
	Plastic Mug	Drinking from	1	51	1.80	0.11	
	Light My Fire	Lighting stove	1	27	0.95	0.06	
	MSR Wind Screen	Shielding stove	1	45	1.59	0.10	
	Spoon	Stirring/eating	1	14	0.49	0.03	
	TOTAL				398	14.04	0.88
GEAR CARRIED	Spare Socks	Camp/wet days	1	58	2.05	0.13	
	Fleece Hat	Warmth	1	60	2.12	0.13	
	Fleece Gloves	Warmth	2	75	2.65	0.17	
	Sunhat	Sunny days	1	69	2.43	0.15	
	PHD Minim Down Vest	Insulation at camp	1	252	8.89	0.56	
	TOTAL				514	18.13	1.13
ESSENTIALS	Map and Drybag	Navigation	1	43	1.52	0.09	
	Garmin Etrex GPS	Navigation	1	179	6.31	0.39	
	Silva Compass	Navigation	1	39	1.38	0.09	
	Headtorch & Batteries	Safety	1	77	2.72	0.17	
	First Aid Kit	Safety	1	83	2.93	0.18	
	Toilet Paper	Hygiene	1	5	0.18	0.01	
	Hand Gel	Hygiene	1	25	0.88	0.06	
	Plastic Bottle 0.5l	For water on route	1	27	0.95	0.06	
	Platypus	For water storage @ camp	1	24	0.85	0.05	
	Pocket Knife	Misc	1	21	0.74	0.05	
	Valuables	Keys/money/card	1	56	1.98	0.12	
	Sunglasses	Sunny days	1	30	1.06	0.07	
	Repackaged Sunblock	Sunny days	1	59	2.08	0.13	
	TOTAL				668	23.56	1.47
LUXURIES	Camera (Canon 450D + Lens)	Photography	1	791	27.90	1.74	
	Lens Cleaner	Photography	1	8	0.28	0.02	
	iPod	Entertainment	1	127	4.48	0.28	
	Phone & Headphones	Entertainment/Safety	1	154	5.43	0.34	
	GorillaPod	Photography	1	165	5.82	0.36	
TOTAL				1245	43.92	2.74	
CONSUMABLES	Fuel & Canister	Heating water	1	191	6.74	0.42	
	Evening Meal	Eating (800kcal)	1	179	6.31	0.39	
	Instant Custard	Eating (320kcal)	1	80	2.82	0.18	
	3 Cereal Bars	Eating (118kcal)	3	96	3.39	0.21	
	Oat Cakes, Cheese, Chorizo	Eating (400kcal)	6	200	7.05	0.44	
	Mixed Nuts	Eating (609kcal)	1	94	3.32	0.21	
	Jelly Babies	Eating (750kcal)	1	224	7.90	0.49	
	Cadbury's Dairy Milk	Eating (410kcal)	2	80	2.82	0.18	
	Snickers	Eating (592kcal)	2	118	4.16	0.26	
	Breakfast	Eating (800kcal)	1	180	6.35	0.40	
	Hot Choc Mix	Drinking (40kcal)	1	12	0.42	0.03	
	Coffee Sachets	Drinking (150kcal)	2	43	1.52	0.09	
	Water carried	Drinking/rehydrating meals		500	17.64	1.10	
	TOTAL				1997	70.44	4.40
	Total Base Weight				6504	229.42	14.34
Total Consumables				1997	70.44	4.40	
Total Pack Weight				8501	299.86	18.74	
Total Worn				2708	95.52	5.97	
Total				11209	395.39	24.71	