

Gearlist

Wear during day

weight (gram)

buff	37
raidlight cap	64
merino aria sun moon tshirt	115
montane trail running skort	130
icebreaker rush bra	90
Knickers IB	22
altras	600
injinji socks	60
Zulbo sunglasses	30
hiking poles black diamond	270
garmin	89

Wear at night

Icebreaker merino blue long sleeve	135
Icebreaker merino singlet	85
2XU compression pants	128
Icebreaker merino tech dress	129
Smartwool Phd leggings	200
Mountain Hardwear Ghost Whisperer down jacket	208
Smartwool merino socks black	38
Icebreaker siren bra	68
Black IB siren hipkini underwear	22
Compression calf sleeves	30
one salomon soft flask	20
camelback	200
gossamer gear pack	592
add on pockets	50

For emergencies

minimus over trousers	160
waterproof montbell torrent flier	267
icebreaker thin gloves	35
icebreaker hat	27
heavy gloves	64
emergency blanket	58
Phone	130
iphone charger	89
garmin charger	33
extra battery/solar power	116

earphones	13
battery cord	10
guide books x 4 with pieces pulled off	595
passport	31
two credit cards	0
Footfleece	10
Compeed and plasters	21
mitchum	79
Moisturiser	38
Blistex	20
Sunscreen	40
Minimum sleeping pills and nurofen and tweezers	31
toothbrush head and powder	38
Shampoo soap	60
Rocktape	46
Sweetener	30
Earplugs/safetypins/hair tie	3
Silkliner	120
trek Towel	20
petzl head torch	86
waterproof stuffsack window green	20
waterproof stuffsack window blue	25
stuff sack orange	25
stuff sack blue	25
deejo knife	17
sea to summit spoon	10
Total of all gear	5804
Total gear less the stuff I am wearing	<u>4746</u>
water plus food	<u>2000</u>
total weight	<u><u>6746</u></u>