

Gearlist

Wear during day

	weight (gram)
buff	37
raidlight cap	64
merino aria sun moon tshirt	115
2xu compression short	128
icebreaker rush bra	90
Knickers IB	22
altras	600
injinji socks	60
Zulbo sunglasses	30
extendable poles	270
garmin	89

Wear at night

Icebreaker merino blue long sleeve	135
Icebreaker merino tech dress	129
Smartwool Phd leggings	200
Mountain Hardware Ghost Whisperer down jacket	208
Smartwool merino socks black	38
Icebreaker siren bra	68
Black IB siren hipkini underwear	22

one platypus	50
Raidlight bottles and attachments	240
gossamer gear pack	592

For emergencies

minimus over trousers	160
waterproof montbell torrent flier	267
icebreaker thin gloves	35
icebreaker hat	27
emergency blanket	58

Phone	130
iphone charger	89
garmin charger	33
extra battery/solar power	300
earphones	13
battery cord	10
Delorme inreach	190

maps	100
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passport	31
two credit cards	0
Compeed and plasters	21
salt deoderant	79
Moisturiser	38
Blistex	20
Sunscreen	40
Minimum sleeping pills and nurofen and tweezers	31
toothbrush head and powder	38
Shampoo soap	60
Sweetener	30
Earplugs/safetypins/hair tie	3
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
zpacks tent	400
zpacks sleeping bag 5 degree	370
sea to summit pillow	60
thermarest sleeping mat	340
jetboil stove	255
gas	316
cup	45
mozzie headnet	20
Total of all gear	7004
Total gear less the stuff I am wearing	<u>5948</u>
water	<u>750</u>
Food for 7 days	4200
total weight	<u><u>10898</u></u>