

Item	Weight (g)	Purpose	Packed In or Worn
Osprey Talon 33	966	Sack	Worn
Terra Nova Laser Competition	1055	Shelter	In stuff sack in rucksack (bottom centre front)
Thermarest ProLite 4 in stuffsack	717	Sleeping Mat	In stuff sack in rucksack (bottom left)
Exped Drybag (orange)	53	Contains sleeping bag, dry clothes and pillow	In rucksack (bottom right)
PHD Minim 400 Sleeping Bag	863	Sleeping Bag	In compression sack
RAB Silk Liner in stuff sack	142	Protect sleeping bag	In orange drybag
Pillow	45	Sleep on	In orange drybag
Spyder Compression Sack	58	Compress Sleeping Bag	In orange drybag
Montane Venture eVent Jacket	471		In rucksack (middle)
North Face Trail Shoes			Worn
Craghoppers Kiwi Stretch Trousers			Worn
Icebreaker Baselayer			Worn
Berghaus Wicking T-Shirt			Worn
<i>HH Boxers</i>			<i>Worn</i>
2 pr Smartwool Socks	53		1 pair worn 1 in orange drybag
Map print-out and a4 ziploc	25	Navigation	Trouser knee pocket
Optimus Crux Stove	84	Heating	Rucksack above sleeping mat
Fuel Canister	200	Fuel	Rucksack above sleeping mat
Optimus Titanium Cooking Set in bag	177	Cooking	Rucksack above sleeping mat
Aluminium foil (doubled) and clip	18	Windshield	Rucksack above sleeping mat
Spork	19	Eating	Ziplock in Outer right pocket
Expedition Foods Orange Spoon	14	Stirring	Ziplock in Outer right pocket
Plastic mug	51	Drinking	Top of rucksack
Light my fire flint	27	Ignition	Ziplock in Outer right pocket
Petzl Headtorch + Batteries	77	Light	Inside plastic foodbag in Red Exped Bag in Rucksack
First Aid Kit	83	Deal with medical emergencies	Inside plastic foodbag in Red Exped Bag in Rucksack
Evening Meal (c 700kcal)	179		Rucksack front pocket
3 Cereal Bars (c. 200kcal)	75		Rucksack left pocket
Exped Dry Bag (red)	57	Contains emergency equipment etc	In rucksack above orange dry bag
Exped Dry Bag (green)	47	Contains food	In rucksack at top
Phone & Headphones in Pouch	154	Entertainment & communication	Left hip pocket on rucksack
Breakast (c 400kcal)	180	Energy	In front external pocket
Toilet Paper	5		Ziploc bag in left outer pocket
Fleece Hat	60	Head warmth on route	In red drysack
Fleece Gloves	75	Hand warmth on route	In red drysack
Sunhat	69	Protect from sun	In red drysack
Platypus	24	Store/collect water for camp	Rucksack left pocket
Silva Compass	56	Navigation	In red dry sack
Pen knife	21	Misc	In red dry sack
Plastic trowel	54	Digging a pit	In left outer pocket
Wet Ones	63	Cleaning	In red dry sack
Camera	394	Photography	In red dry sack or in use
Sunglasses	30	Protect from sun	In red dry sack
Trekking Poles	560	Support and river crossings	Stored on outside or rucksack or in use
Garmin Etrex GPS	179	Navigation	Right hip pocket on rucksack
Valuables (car keys/wallet/house keys)	250		Rucksack lid inner pocket
<b>Total</b>	<b>7480</b>		