

## Pack

- Backpack (40-65ltr)
- Waterproof Liner

## Shelter

- Tent
- Stuff Sack / Dry Bag
- Pegs
- Groundsheet
- Trekking Poles

## Sleep System

- Quilt / Sleeping Bag
- Sleeping Pad
- UL Pillow
- Dry Bag / Stuff Sack

## Kitchen

- Stove
- Gas
- Pot
- Spoon / Spork
- Mug / Cup
- Lighter
- Knife
- Food Cozy
- Dry Bag / Stuff Sack

## Water

- Filter
- Bottles x 2
- Bladder
- Micropur Tablets
- Stuff Sack / Dry Bag

## Electronics

- Phone
- Charger
- Cables
- Battery Bank
- Headlamp
- PLB
- UL Pump
- Pouch / Bag / Sack

## First Aid / Personal

- First Aid Kit
- Trowel
- Toilet Paper / Bush Cloth
- Wipes
- Sanitiser
- Toothbrush / Paste
- Pouch / Bag / Sack
- Sunscreen

## Ditty Bag

- Ditty Bag / Pouch / Sack
- Repair Kit
- Wallet

## Clothing Packed

- Dry Bag
- Waterproof Jacket
- Puffer Jacket
- Socks
- Underwear
- Thermal Top
- Thermal Bottom
- T-Shirt
- Camp Shoes
- Gloves
- Beanie

## Clothing Worn

- T-Shirt
- Pants / Shorts
- Bra
- Undies
- Shoes
- Socks
- Hat

## Food

Suggest 500-700g of food per day  
Plus one extra day

- Food Bag
- Breakfast
- Lunch
- Dinner
- Dessert
- Snacks
- Drinks
- Large Ziploc bag for trash

**Remember always let someone know before you go!!**