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| BOOTS <input type="checkbox"/> Good Quality Waterproof Goretex / Tri.aria <i>*Take spare laces*</i> | WATER BOTTLE <input type="checkbox"/> Minimum 1L Clear bottle help to see the nasties <i>EG. 1L Nalgene</i> | SUNSCREEN <input type="checkbox"/> 1x 30 + sunscreen 1x lip balm |
| SHOES / SANDALS <input type="checkbox"/> Light and synthetic For use around camp <i>EG. Gobi Sandals</i> | HYDRATION KIT <input type="checkbox"/> 2ltr - 3ltr Bladder <i>EG. Widepac</i> | INSECT REPELLENT <input type="checkbox"/> Head Bug Net <i>EG. Expedition Plus 50+ Spray</i> |
| SOCKS / LINERS <input type="checkbox"/> Min. 4-5 x pairs of good fitted socks <i>EG. Adventurer / Injinji</i> | WATER TREATMENT <input type="checkbox"/> Micropur - Iodine tablets | 1ST AID KIT <input type="checkbox"/> Blister kit, Aspirin, Strepsils Band-aids, Bandages EMG Blanket etc. <i>EG. Rec 2</i> |
| GAITERS <input type="checkbox"/> Stop mud, water & stones getting into your boots <i>EG. Crocodile Gaiters</i> | CLOTHING T-SHIRTS <input type="checkbox"/> 1 X Long Sleeve Shirt - Quick drying! 2 X T-Shirts Synthetic or Merino wool | SUNHAT <input type="checkbox"/> Wide brim is best. Lightweight <i>EG. Helios</i> |
| TREKKING POLES <input type="checkbox"/> Full stability & Reduce Fatigue <i>EG. Dolomiti GT / Trecime</i> | SHORTS & PANTS <input type="checkbox"/> 1 x Shorts 1 x Quick Drying pants 1x Zip Off Pants <i>EG. Voodoo / Ferrosi</i> | BUMBAG <input type="checkbox"/> For camera ETC Should fit a small drybag |
| BACKPACK <input type="checkbox"/> 65 - 90ltr pack Multi day walks <i>EG. Cerro Torre / Manaslu</i> | THERMALS <input type="checkbox"/> 2 X Set Of Thermal Tops 2 x Thermal bottoms Summer & Winter | RE HYDRATION POWDER <input type="checkbox"/> PURE Electrolyte |
| DUFFEL BAG <input type="checkbox"/> Another option for Porters Porters prefer duffel bags <i>EG. AT Kit Bag</i> | DOWN JACKET <input type="checkbox"/> In a storage sack to keep it dry & packed small <i>EG. Transcendent</i> | WHISTLE <input type="checkbox"/> For foggy weather To attract attention in case of emergency <i>EG. ACR</i> |
| DAY PACK <input type="checkbox"/> Every day use- 10L - 30L small, collapsible <i>EG. Aeon / Prism</i> | WATERPROOF JACKET <input type="checkbox"/> 100 % Windproof - Waterproof Breathable <i>EG. Aspire & Furio</i> | ENVIRO SOAP <input type="checkbox"/> Washes everything <i>EG. Wilderness Wash</i> |
| PACK LINER <input type="checkbox"/> Internal - To Keep Gear Dry | WATERPROOF PANTS <input type="checkbox"/> 100 % Windproof - Waterproof Breathable <i>EG. Aspire & Faray</i> | HAND SANITIZER <input type="checkbox"/> Liquid or Wipes Prevent contamination |
| PACK COVER <input type="checkbox"/> Stop pack getting wet and heavy | FLEECE TOP & PANTS <input type="checkbox"/> 1X Micro fleece or full weight fleece 1X Micro fleece pant <i>EG. Slinx</i> | SECURITY LOCKS <input type="checkbox"/> For your Duffle Bag Protect your belongings <i>Life Systems</i> |
| DRY BAGS <input type="checkbox"/> To organize, Keep gear dry [water proof] 2-3 x Different size bags <i>EG. Fold Dry Bags BS</i> | GLOVES <input type="checkbox"/> 1X Liners 1x Waterproof - Windproof gloves | CLEANING <input type="checkbox"/> Plastic bags to carry out your litter |
| SLEEPING BAG <input type="checkbox"/> Sleeping bag [-10 to -15] Kept Dry <i>EG. Winterlite -16°C</i> | HEADWEAR <input type="checkbox"/> Beanie & Neck gaiter <i>EG. Buff</i> | SUNGLASSES <input type="checkbox"/> Category 3 - Polarized |
| SLEEPING BAG LINER <input type="checkbox"/> Keep your sleeping bag clean Silk or Thermolite are best | QUICK DRY TOWEL <input type="checkbox"/> 1x Small - Face cloth 1x Large - For Body <i>EG. Hydrofibre</i> | HEADTORCH <input type="checkbox"/> Take extra batteries Red Light to save your eyes <i>EG. HL15</i> |
| SLEEPING MAT <input type="checkbox"/> Lightweight, Insulated, Comfortable <i>EG. DownMat</i> | MULTI-TOOL / POCKET KNIFE <input type="checkbox"/> Small repair kit with needle and thread <i>EG. Leatherman Style PS</i> | ELECTRONICS <input type="checkbox"/> Camera, Mobile Phone, Power bank <i>EG. WAKAWAKA</i> |
| PILLOW <input type="checkbox"/> Compact or use rolled up down jacket <i>EG. REM Pillow</i> | HAND WARMERS <input type="checkbox"/> Inside your gloves | MISC <input type="checkbox"/> Binoculars Notebook Pencil |