

<b>BOOTS</b> <input type="checkbox"/> Good Quality Waterproof Goretex / Tri.aria <span style="float: right;">*Take spare laces*</span>	<b>WATER BOTTLE</b> <input type="checkbox"/> Minimum 1L Clear bottle help to see the nasties <span style="float: right;">EG. 1L Nalgene</span>	<b>SUNSCREEN</b> <input type="checkbox"/> 1x 30 + sunscreen 1x lip balm
<b>SHOES / SANDALS</b> <input type="checkbox"/> Light and synthetic For use around camp <span style="float: right;">EG. Gobi Sandals</span>	<b>HYDRATION KIT</b> <input type="checkbox"/> 2ltr - 3ltr Bladder <span style="float: right;">EG. Widepac</span>	<b>INSECT REPELLENT</b> <input type="checkbox"/> Bug Net <span style="float: right;">EG. Expedition Plus 50+ Spray</span>
<b>SOCKS / LINERS</b> <input type="checkbox"/> Min. 4-5 x pairs of good fitted socks <span style="float: right;">EG. Adventurer / Injinji</span>	<b>WATER TREATMENT</b> <input type="checkbox"/> Micropur - Iodine tablets <span style="float: right;">EG. Lifestraw / Trailshot</span>	<b>1ST AID KIT</b> <input type="checkbox"/> Blister kit, Aspirin, Strepsils Band-aids, Bandages EMG Blanket etc. <span style="float: right;">EG. Rec 2</span>
<b>GAITERS</b> <input type="checkbox"/> Stop mud, water & stones getting into your boots <span style="float: right;">EG. Crocodile Gaiters</span>	<b>CLOTHING T-SHIRTS</b> <input type="checkbox"/> 1 X Long Sleeve Shirt - Quick drying! 2 X T-Shirts Synthetic or Merino wool	<b>SUNHAT</b> <input type="checkbox"/> Wide brim is best. Lightweight <span style="float: right;">EG. Helios</span>
<b>TREKKING POLES</b> <input type="checkbox"/> Full stability & Reduce Fatigue <span style="float: right;">EG. Dolomiti GT / Trecime</span>	<b>SHORTS &amp; PANTS</b> <input type="checkbox"/> 1 x Shorts      1 x Quick Drying pants 1x Zip Off Pants <span style="float: right;">EG. Voodoo / Ferrosi</span>	<b>COMPASS / MAP / GPS</b> <input type="checkbox"/> Track Map - Protected from the elements Suunto Watch <span style="float: right;">EG. A30</span>
<b>BACKPACK</b> <input type="checkbox"/> 65 - 90ltr pack Multi day walks <span style="float: right;">EG. Cerro Torre / Manaslu</span>	<b>THERMALS</b> <input type="checkbox"/> 2 X Set Of Thermal Tops 1 x Thermal bottoms Summer & Winter	<b>WHISTLE</b> <input type="checkbox"/> For foggy weather To attract attention in case of emergency <span style="float: right;">EG. ACR</span>
<b>TENT</b> <input type="checkbox"/> Light weight - 3-4 season + Ground Sheet. <span style="float: right;">EG. Venus II / Moondance</span>	<b>DOWN JACKET</b> <input type="checkbox"/> In a storage sack to keep it dry & packed small <span style="float: right;">EG. Transcendent</span>	<b>STOVE / FUEL/ MATCHES</b> <input type="checkbox"/> There is no cooking equipment in the huts Take Waterproof Matches
<b>DAY PACK</b> <input type="checkbox"/> Every day use- 10L - 30L small, collapsible <span style="float: right;">EG. Aeon / Prism</span>	<b>WATERPROOF JACKET</b> <input type="checkbox"/> 100 % Windproof - Waterproof Breathable <span style="float: right;">EG. Aspire &amp; Furio</span>	<b>COOKING / CUTLERY</b> <input type="checkbox"/> Knife, fork and/or spoon Mug and a plate that doubles as a bowl
<b>PACK LINER</b> <input type="checkbox"/> Internal - To Keep Gear Dry	<b>WATERPROOF PANTS</b> <input type="checkbox"/> 100 % Windproof - Waterproof Breathable <span style="float: right;">EG. Aspire &amp; Foray</span>	<b>FREEZE DRIED FOOD</b> <input type="checkbox"/> Lightweight & Nutritious. Remove excess packaging. Snacks <span style="float: right;">EG. Back Country Cuisine</span>
<b>PACK COVER</b> <input type="checkbox"/> Stop pack getting wet and heavy	<b>FLEECE TOP &amp; PANTS</b> <input type="checkbox"/> 1X Micro fleece or full weight fleece 1X Micro fleece pant <span style="float: right;">EG. Slinx</span>	<b>HAND TROWEL</b> <input type="checkbox"/> In case you need to dig a bush toilet Toilet paper
<b>DRY BAGS</b> <input type="checkbox"/> To organize, Keep gear dry [water proof] 2-3 x Different size bags <span style="float: right;">EG. Fold Dry Bags BS</span>	<b>GLOVES</b> <input type="checkbox"/> 1X Liners 1x Waterproof - Windproof gloves	<b>CLEANING</b> <input type="checkbox"/> Plastic bags to carry out your litter Scouring Pad / Cloth
<b>SLEEPING BAG</b> <input type="checkbox"/> Sleeping bag [Depending on Season] Kept Dry <span style="float: right;">EG. Comfort -10°</span>	<b>HEADWEAR</b> <input type="checkbox"/> Beanie & Neck gaiter <span style="float: right;">EG. Buff</span>	<b>SUNGLASSES</b> <input type="checkbox"/> Category 3 - Polarized
<b>SLEEPING BAG LINER</b> <input type="checkbox"/> Keep your sleeping bag clean Silk or Thermolite are best	<b>QUICK DRY TOWEL</b> <input type="checkbox"/> 1x Small - Face cloth 1x Large - For Body <span style="float: right;">EG. Hydrofibre</span>	<b>HEADTORCH</b> <input type="checkbox"/> Take extra batteries Red Light to save your eyes <span style="float: right;">EG. HL15</span>
<b>SLEEPING MAT</b> <input type="checkbox"/> Lightweight, Insulated, Comfortable <span style="float: right;">EG. DownMat</span>	<b>MULTI-TOOL / POCKET KNIFE</b> <input type="checkbox"/> Small repair kit with needle and thread <span style="float: right;">EG. Leatherman Style PS</span>	<b>ELECTRONICS</b> <input type="checkbox"/> Camera, Mobile Phone, Power bank Personal Locator Beacon <span style="float: right;">EG. WAKAWAKA</span>
<b>PILLOW</b> <input type="checkbox"/> Compact or use rolled up down jacket <span style="float: right;">EG. REM Pillow</span>	<b>SWIMWEAR</b> <input type="checkbox"/> Take a dip in the amazing swim spots	<b>MISC</b> <input type="checkbox"/> Binoculars Notebook Pencil