



Base Camp

k2.com.au

# SOUTH EAST ASIA GEAR LIST

BURMA, CAMBODIA, INDONESIA, MALAYSIA, PHILIPPINES, THAILAND, VIETNAM, LOAS  
Highest Point 4095m Mt Kinabalu

K2 Base Camp  
140 Wickham Street, Fortitude Valley,  
Brisbane Qld 4006  
Ph 07 3854 1340 Fax 07 3854 1281

Team Member: \_\_\_\_\_

**SHOES / BOOTS**   
A good pair of shoes is all you need.  
Boots are recommended for harsher terrains  
ASOLO - LOWA

**WATER BOTTLES**   
BPA Free  
NALGENE

**SUNSCREEN**   
30 + sunscreen  
Optional with repellent

**SANDALS**   
Light and synthetic  
SOURCE

**HYDRATION KIT**   
SOURCE

**INSECT REPELLENT**   
Bushmans 20%, 40% or 80% deet  
Rid

**SOCKS**   
Min 2- 3pairs of socks ( any coolmax sock )  
MUND

**WATER TREATMENT**   
Micropur Tablets 1per 1000ml  
Iodine Tablets 2per 1000ml.

**1ST AID KIT**   
A small first aid kit is fine if tour  
company are supplying a bigger kit  
EQUIP

**GAITERS**   
Optional- depending on your travel  
plans  
OUTDOOR RESEARCH

**CLOTHING T-SHIRTS**   
1 X Long Sleeve Shirt - BUG OFF  
2 X T - Shirts Synthetic- Quick drying!

**SUNHAT**   
Wide brim is best. Lightweight  
OUTDOOR RESEARCH

**TREKKING POLES**   
Optional  
Recommend for Mt Kinabalu  
MASTERS

**PANTS**   
Light And Quick Drying  
OUTDOOR RESEARCH

**DE BUGGER**   
Treat all your clothes with de bugger  
kills mozzies on contact.  
EQUIP

**RUCKSACK / PACKS**   
A well fitted travel or rucksack  
LOWE ALPINE - MONT

**SHORTS**   
1 X Pants & 2 X Shorts  
Or 1x Shorts And 1x Zip Off Pants  
OUTDOOR RESEARCH

**MONEY BELT**   
For money, passport etc  
LIFE VENTURE

**DAY PACK**   
The most abused item on the trip  
LOWE ALPINE

**GUIDE / PHRASE BOOK**

**PEGLESS CLOTHES LINE**   
LIFE VENTURE

**ADAPTOR**   
LIFE VENTURE

**WATERPROOF JACKET**   
Light weight - windproof - breathable

**SECURITY/ LOCKS**   
LIFE SYSTEMS

**PACK COVER**   
Stop pack getting wet and heavy

**UMBRELLA**   
Light weight umbrella- great for those  
extra humid rainy days

**CAMERA**   
With spare battery

**DRY BAGS**   
(Waterproof) great for camera, documents,  
electricals, food etc

**QUICK DRY TOWELS**   
1x Small & 1x Large (60cm - 120cm)

**SPARE LACES**   
A spare set is a must  
ASOLO

**SLEEPING BAG**   
MONT 350 down bag  
or light weight synthetic

**HAND SANITIZER**

**SUNGLASSES**   
JULBO

**SLEEPING BAG LINER**   
Keep the bed bugs at bay and your  
sleeping bag clean

**POCKET KNIFE**   
With scissors

**HEADTORCH**   
Great for dorms, night walks etc  
PETZL - EDELRID

**SLEEPING MAT**   
Depends on travel plans  
EXPED

**MATCHES / LIGHTER**   
Waterproof

**BUFF HEADWEAR**   
Keep the sweat out of your eyes

**HYDRATION FOOD**   
Great for multi day hikes/camping  
BACK COUNTRY

**MOZZY NET**   
Treated - bigger the better, worth the  
extra weight



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