

Base layers	Footwear	Other items
ExOfficio Sport Mesh Underwear x 3	Keen Gypsum Mid-Cut Boots	BD Alpine FLZ Trekking Poles
ESS Sport Top	Superfeet Copper Insoles	Petzl Tikkina Head Torch
Icebreaker Tech Lite SS	Bridgedale MF Trail Socks x 2	Camino de Santiago Guidebook
Icebreaker BF200 Thermal Top	Bridgedale Coolmax Liner Socks x 2	Julbo Run Zebra Sunglasses
	Teva Toachi 2 Sandals	Sea to Summit Pocket Towel
Trekking layers		Go Travel Sewing Kit
ESS Silk Weight tee x 2	Packing	Sea to Summit Hand Sanitizer
OR Equinox Convertible Pants	Aarn Peak Aspiration Pack	Sea to Summit Wilderness Wash
prAna Stretch Zion Shorts	Sea to Summit Ultra-Sil Day Pack	Equip Rec 2 First Aid Kit
Mont Lifestyle LS Shirt x 2	Sea to Summit Packing Cells	Go Travel Adaptor - Europe
Buff High UV Neck Gaiter	Sea to Summit Toiletry Cell	Pacsafe RFID Money Belt
OR Seattle Sombrero GTX Hat		2nd Skin Blister Pads
	Hydration/Nutrition	Hikers Wool
Insulation layers	Camelbak Crux 2L Reservoir	Cancer Council Sunscreen
ESS Element Fleece	Klean Kanteen Classic Water Bottle	Spare AA/AAA Batteries
Icebreaker AC Beanie	Em's Power Bars	
OR Riot gloves		Luxury Items
	Sleeping	Santiago' by Almis Simankevicius
Shell layers	Sea To Summit Traveller Sleeping bag	Go Travel Ear Plugs
OR Revel Jacket	Sea to Summit Silk S/Bag Liner	Arc'teryx Maka Hip Pack
OR Revel Pants	Exped Air Piilow	Bodyglide Anti-Chafe Balm

