

Base layers	Footwear	Other Essentials
Earth Sea Sky Merino Boxers x 3	Scarpa Kailash GTX Boots	BD Alpine Carbon Cork Trekking Poles
Icebreaker Anatomica Tank	Superfeet Green Insoles	Princeton Tec Vizz head torch
Icebreaker BF200/BF260 Oasis Crewe	Bridgedale MF Trekker x 2	Leatherman Signal Multitool
Icebreaker BF200/BF260 Leggings	Bridgedale WF Trekker x 2	Julbo Explorer Sunglasses
Icebreaker Tech Lite SS	Bridgedale Coolmax Liners x 2	Goal Zero Venture 30 Solar Kit
ESS Sport Top	Bridgedale Thermal Liners x 2	Go Travel Sewing Kit
	Kahtoola MicroSpikes	Sea to Summit Hand Sanitizer
Trekking layers	Keen Clearwater CNX Sandals	Sea to Summit Wilderness Wash
ESS Silk Weight tee x 2		Sea to Summit Wilderness Wipes
OR Equinox Pants	Packing	St. Johns Patch n' Go First Aid Kit
Arc'teryx Rampart Shorts	Deuter Futura 32 Day Pack	SheWee Extreme
ESS Classic LS Shirt	One Planet Tuff Nut 90L Duffel	Sea to Summit Tek Towel
ESS Silk Weight Zip Polo L/S	Selection of Exped Dry Bags	GSI Infinity Mug
Arc'teryx Gamma LT Pants	Exped Waterproof Pack Liner	Go Travel Adaptor - Europe
Buff Neck Gaiter	Pacsafe Prosafe 700 Padlock	Pacsafe RFID Money Belt
Tilley LTM6	Sea to Summit Toiletry Cell	2nd Skin Blister Pads
	Sea to Summit Packing Cells	Hikers Wool
Insulation layers		Cancer Council Sunscreen
Arc'teryx Delta LT Fleece	Sleeping	
ESS Micropants	One Planet Bungle -10°C Sleeping Bag	Luxury Items
Arc'teryx Atom LT Hoody	Sea to Summit Thermolite Reactor Liner	Exped Camp Slippers
Mont Icicle Down Jacket	Exped SIM Lite 3.8 M Sleeping Mat	Go Toobs Silicone Travel Bottles
ESS Hot Head Beanie	Therm-a-Rest Classic Pillow	Gear Aid Mini Repair Patches
OR Sonic Balaclava		Lonely Planet Nepal
OR PL150 Sensor gloves	Hydration/Nutrition	Nepa Maps - EBC
OR Arete GTX gloves	Em's Power Cookies	Hot Hands Hand & Toe Warmers
	Camelbak CruX 2L Bladder	Em's Power Cookies
Shell layers	Nalgene WM Tritan 1L Water Bottle x 2	Go Travel Ear Plugs
Arc'teryx Theta AR Jacket	SteriPen Classic UV Steriliser	Spare AA/AAA Batteries
OR Foray Pants	Camelbak Thermal Control Kit	BD Moji Lantern
OR Rocky Mountain High Gaiters	GU Electrolyte Tablets	Bodyglide Anti-Chafe Balm

