

Packing List

Item	Wt Kg			
	Daughter	Me	Wife	
Packs Osprey Ariel 65 and Aether 85	2.15	2.25	2.15	
Sleeping Bags - Trek 2	1.02	1.2	1.02	
Bag Liners - Silk x 1 , Therolite x 2	0.22	0.16	0.22	
Ground pad - Exped Syn UL7	0.45	0.45	0.45	
Tent and repair kit	1.4	2.1	0.23	Sandra Tarp and 2 x Footprints
Walking poles				
Head Light	0.13	0.13	0.13	
Rain Jacket and pants	0.56	0.7	0.56	Preclip Jacket and pants
Shirts	0.4	0.4	0.4	2 spare shirts - T shirts Merino
Trousers	0.4	0.5	0.4	Spare Trousers that zip off
Underwear	0.5	0.4	0.5	Including Thermals - top and Bottom merino
Jumper x 1	0.5	0.5	0.5	Polar Fleece
Skivvy x 1	0.3	0.4	0.3	Merino - Smartwool with hood
Socks x 2	0.18	0.18	0.18	Wool blend
Gloves	0.04	0.04	0.04	
Glove liners	0.01	0.01	0.01	
Towels	0.08	0.08	0.08	
Toiletries	0.15	0.15	0.15	Minimum and share
Wash Basin & Bucket			0.12	
Pocket Shower			0.12	
Cup	0.08	0.08	0.08	Titanium
KFS Set	0.04	0.04	0.04	
Bowl plastic	0.08	0.08	0.08	
Gas Bottles 1/person	0.23	0.46	0.23	Me large other 230gr
Stove and Pot		0.45	0.09	Sandra spare stove, 2x pot titanium 1.4&1.2lt
Match Holders	0.04	0.04	0.04	
Water bags 2lt x 2	0.25	0.3	0.25	
Water Bottle 1lt	0.1	0.1	0.1	
Toilet paper	0.1	0.1	0.1	1 roll each
Water Purifiers		0.06	0.06	Sawyer mini filtration
Para Cord 30m		0.12	0.12	
Torch	0.08		0.08	
Med Kit		0.4		Basics with snake bite
Sewing Kit		0.1		
Shovel		0.2		
Dry Bag, 30 &13lt	0.1	0.1	0.1	Ultra sil
Charging panels & 2 x Battery		1.04		2 - anker 15000 mAh - recharge GPS, phone, Head
GPS Oregon 650				Me
Radio wind up		0.23		
Garbage bag			0.1	10 lt ultra sil
Extras	0.5	0.5	0.5	

Map and Compass

Daughter

Total Kit	10.09	14.05	9.53
Add Water 3lts/person	3	3	3
Add Food and snacks 7 days	4	4	4
Total	17.09	21.05	16.53

7 Days	
Snacks	1.05
Lunches	0.7
Mains	1.05
Breakfast	0.7
Extras	0.5
Total	4

lights