

Cape Wrath Trail 2016 Gear List

8 days self supported attempt

System/Item	Product	Weight
Carrying System		
Backpack	Elemental Horizon Kalais 60L Bag	853
Front Pack	Ribz 8L pack	357
Bag Liner	Thermarest NeoAir Pump	103
Night (13L) Dry Bag	Sea To Summit UltraSil Dry Sack Large	28
Food (13L) Dry Bag	Sea to Summit SilNylon Dry Sack Large	42
Clothing and Hygiene (8L) Dry Bag	Sea To Summit UltraSil Nano Dry Sack Medium	24
Accessories (4L) Dry Bag	Sea to Summit SilNylon Dry Sack Medium	28
Electronics (4L) Dry Bag	Sea to Summit SilNylon Dry Sack Medium	28
Personal (2L) Dry Bag	Sea To Summit UltraSil Nano Dry Sack XSmall	16
Toilet Paper (1L) Dry Bag	Sea to Summit SilNylon Dry Sack XXSmall	29
Total weight		1508
Sleeping System		
Tarp	Sea To Summit Nano Poncho/Tarp	193
Bivy	Alpkit Huka	361
Big Y Pegs (x10)	MSR Groundhog (14g each)	140
Guy lines	Various lengths, 2mm cord	50
Down Sleeping Bag	PHD Minimus 400+Sack (doubles as pillow)	861
Sleeping Pad	Therm-A-Rest NeoAir Original	398
Pyjama Top	Janus Sportwool Hoodie	272
Pyjama Bottoms	Old Polyester Craft tights cut to be capris	101
Night Socks	Skins compression socks	75
Night Hat	Rab knitted hat	59
Total weight		2510
Cooking System		
Stove	Speedster 30ml Spill Proof Burner with MYOG lid	18
Stove Stand	Speedster ultralight stand	6
Wind Shield	Trail Design Caldera Cone System + Case	133
Pot	Alpkit MyTi mug 650ml with cozy	125
Mug	Esbit Aluminium Drinking Cup	77
Utensil	Sea to summit Long Spoon	12
Fire starting	BiC mini lighter	11
Total Weight		382
Navigation		
Compass	Silva Explorer Compass	30
Maps	Self made maps based on OS Maps Online	145
Map Case	Poly bag	12
Total Weight		187

Electronics

Phone	Samsung Galaxy S4	172
Phone Case	Shock proof case, unknown brand, added fixtures	150
Phone photography	Lens set + shutter remote + phone case screwdriver	56
GPS Watch	Garmin Fenix 2	78
Satellite communication device	DeLorme inReach SE GPS Satellite Tracker	195
Camera	Olympus Tough TG-2	240
Tripod	Jolby GorillaPod Classic	42
eReader	Kindle White Paper	265
Battery Pack	Veho Pebble Explorer 8400mAh	192
Headphones	Skullcandy ear buds with microphone	14
Electrical Plug	5V/2A 2000mAh Universal Folding UK Adaptor Dual	53
Cables	2xMicro USB to USB cables, USB cable for Garmin	65
Total Weight		1522

Hygiene and First Aid

Tooth brush and paste	Travel size	37
Floss	Oral-B Satin Tape	14
Deodorant	The Guv'ner by Lush	17
Soap	Dr. Bronner's Pure Castile Soap	77
Foot treatment	Joshua Tree Climbers Salve	17
Hand sanitizer	Lifeventure Dry Wash	71
Toilet paper	1/2 roll toilet paper	48
Towel	Lifeventure Trek Towel - Medium	123
First Aid 1 (Frontpack)	compeeds, athlete tape, plasters, chlorine dioxide tablets	30
First Aid 2 (Backpack)	Naproxen, Fenistil gel, Ibuprofen, Paracetamol, Compeeds, athlete tape, sterile gloves, sterile wipes	95
Total Weight		529

Emergency

Space Blanket	Sea To Summit Space Blanket	59
Whistle	Lifesystem Mountain whistle	11
Pocket Knife	CKRT Pazoda 2	45
Petroleum gel balls	Self made in an hydration tablets tube	70
Fire starting	Light My Fire FireSteel Scout 2.0 Fire Starter	26
Sewing kit	Self made (Tensile, tread, 2 needles)	8
Total Weight		219

Carried Clothing

Synthetic Jacket	Arc'teryx Atom LT Jacket	392
Down Sweater	Stoic Hardon Cardigan	192
Rain gear	Sea To Summit Nano Poncho/Tarp (see in sleeping)	0
Spare Underwear	UA Original 9" Boxerjock Boxer Briefs	90
Shorts	Under Armour Women's Running Shorts	94
Spare Socks	Injinji Outdoor 2.0 Midweight Nuwool Mini Crew	60
Total Weight		828

Clothing Accessories

Liner Gloves	Outdoor Research Women's PL 100 Sensor Gloves	48
Insulation Gloves	Montane Prism Gloves	69
Shell Gloves	Haglofs Gram Shell Mittens	57
Head net	Sea To Summit treated head net	30
Neck Gaiter	Summer UV Buff	35
Total Weight		239

Other carried

Water Containers	Platypus Platy Plus Bottle (1L+2L)	74
Water Filter	Sawyer Mini Filter+flexi bottle	29
Headlamp	Silva Siju	30
Camp Lantern	Alpkit Glowe compact	118
Waterproof Notebook	Standard Aquascribe Original Notebook (inc pencil)	83
Lens cloth	Old glasses cloth	2
A5 notebook	Standard	21
Camp Shoes	Luna Mono Sandals	252
Total Weight		609

"Dry" carried weight **8533**

Worn Clothing

Underwear	UA Original 9" Boxerjock Boxer Briefs	90
Base shirt	Janus Summer T	127
Liner Socks	Injinji Outdoor 2.0 Midweight Nuwool Mini Crew	60
Trousers	Mountain Equipment Ibex Softshell Pants	420
Midlayer Top	Trekmates Merino Contrast Men's Hooded Top	251
Socks	Ulvang Training socks	45
Wind Shirt	Arc'teryx Squamish Hoody	160
Summer Hat	Inov8 Hotpeak 40	52
Neck Gaiter	Summer UV Buff	35
Trail Shoes	Altra Lone Peak 2.0	714
Trail shoe gaiters	Dirty Girl Gaiters	28
Walking Poles	Black Diamond Distance Z Poles (181g each)	362
Total Weight		2344

Perishable

Food	See menu (rough estimate of weight, about 1000g per day)	9000
Fuel	Barrettine Methylated Spirits	450
Water	1L in 1L platy	1000
Total Weight		10450

Total backpack weight **18983**