

2016 Packing List - Trepidatious Traveller - www.magwood.me										
type	item	grams	wearing	waist pack	type	item	grams	wearing	waist pack	
equipment	(osprey atmos 35L) backpack	1070			other	sun glasses	26			
equipment	home-made backpack raincover	194			other	(Orthotic) spare insoles	82			
equipment	home-made rain kilt	242			gear	foam to sit on	24			
equipment	(Mont Bell) down quilt/bag	434			gear	pen knife - buy on camino				
equipment	silk liner	114			gear	bum bag	296		296	
equipment	(Life Systems) bed bug sheet	174			gear	dry bags (silnylon)	158			
equipment	(Pacer poles) & spare ferrules	610	556		gear	washing line and pegs	100			
equipment	spork	10			gear	w/proof wallet/credencial/passport	70		70	
equipment	(Raid Light) water bottles & carriers	268			gear	debit/credit/health cards	15			
walking clothes	(Ecco Xpedition III) hiking boots	1086	1086		gear	microfibre towel x 1 + 1 for hair	192			
walking clothes	(Berghaus) rain jacket	386	386		gear	needle, thread & safety pins	4			
walking clothes	buff infinity & normal buff	164	164		gear	waterproof wallets	50			
walking clothes	home-made visor	48	48		personal	laundry powder				
walking clothes	(dnh Regulate) arm warmers	74			personal	perfume	22			
walking clothes	home-made hiking skirt	185			personal	Lush soap for hair & body + tin	170			
walking clothes	(Ex Officio) zip off trousers	284	284		personal	face cloth	10			
walking clothes	(M&S) runners tights	230			personal	loo roll	70			
walking clothes	short sleeve merino t-shirt x 1	154	154		personal	cotton buds	20			
walking clothes	merino sleeveless top x 1	148			personal	comb, hair clips & bands	48	20		
walking clothes	Sport bra	74	74		personal	hair serum	20			
walking clothes	(Montane) merino underwear x2	116	58		personal	hair conditioner/oil	74			
walking clothes	(smartwool) merino hiking socks x2	92	46		personal	tissues	100		25	
walking clothes	Merino liner socks x 1	38			personal	face serum & moisturiser	108			
walking clothes	gloves	34			personal	face wash	50			
relaxing clothes	(Uniclo) ultra light down jacket	262			personal	8 hour cream	6			
relaxing clothes	bag for valuables in evening	44			personal	sun lotion	48			
relaxing clothes	light weight cargo pants	244			personal	tooth picks	6			
relaxing clothes	skirt	104			personal	Lush toothpaste tablets	30			
relaxing clothes	Merino cardigan for evenings	198			personal	toothbrush	16			
relaxing clothes	silk scarf/pillow case	34			personal	deodorant	46			
relaxing clothes	vest top x 2	144			personal	home made body lotion bars	184			
relaxing clothes	crocs - huarache style	332			personal	wet wipes	138			
relaxing clothes	evening socks	36			personal	foot cream	76		138	
relaxing clothes	underwear x 3	90			personal	first aid bag (see below)	302			
relaxing clothes	bra	92			personal	ear plugs	8			
tech	(Tonbux) 20000 mAh powerbank	340		340	personal	pain killers	10			
tech	(Panasonic Lumix TZ60) camera	258		258	personal	vitamins, etc	88			
tech	ipad mini + cover	404		404	personal	razor	12			
tech	iphone	158		136	personal	magnifying mirror	60			
tech	(Anker) powerport usb x 5 hub	314		80	personal	tweezers	14			
tech	ear phones	20		20	personal	nail clippers	18			
tech	(Esync) foldable keyboard	190			personal	lip salve	12		12	
tech	(Joby GorillaPod) mini tripod	48								
								——total weight——		
								wearing	waist pack	back pack
								12324	2876	1779 7669

First aid bag	
blister pads, tape & engo patches	92
iodine	18
gauze	14
sterile wipes	28
knee braces	48
scissors	12
bag	22
hikers' wool	36
toe caps	32
	302

