

GENERAL KIT LIST FOR HEADING TO THE MOUNTAINS

General	Item
Backpack	Osprey Aether 85L
Trekking Poles	Leki Vario
Drybags	Selection of Sea to Summit Bags
Hydration	
Filtration	Sawyer Mini Filter
Bottle for filter	Hydrapak Stow 1L
Water Bottle	Nalgene wide mouth 1L
Water reservoir	Hydrapak 3L
Sleeping gear	
Sleeping bag	Rab Ascent 900
Sleeping Bag Liner	Sea to Summit Thermalite Liner
Compression Sack	Sea to Summit Compression Sack
Tent	MSR Carbon Reflax 1 or Vango MTN 2 or Outdoor Research Helium Bivvy
Sleeping mat	Thermarest NeoAir XLite Mat
Pillow	Sea to Summit Aeros Premium Pillow
Lantern	Black Diamond Moji+ Lantern
Eyemask	
Cooking	
Stove	MSR Whisperlite Universal Combo Stove or Jetboil Stash
Pot	MSR Trail Lite 1.3L Pot
Gas	Winter gas
Spork	Sea to Summit Long Spoon
Mug	Lifventure Thermal mug
Knife	Small pocket knife
Food	
Dehydrated meal	Firepot
Porridge	Quaker Big Bowl Sachets
Snacks	Ember Biltong, Chia Charge, Powerbars
Electrolytes	Hydralyte
Tea, coffee, hot chocolate	
Sandwich	
Clothing	
Boxers	Saxx Mens Kinetic HD Boxer Briefs
Trouser	Mountain Research IbeX
Tee	Technical Tee from GORE

Long Sleeve Layer	Montane Mens Dart Zip Neck Top
Hiking Boots	Lowa Mens Camino Evo GTX Boots
Cap	Patagonia Trucker Cap
Waterproof jacket	Montane Phase Jacket
Waterproof trousers	Berghaus Mens Paclite Pants
Sunglasses	Sungod Renegades
Gloves	SealSkinz Mens Waterproof Cold Weather Fusion Control Gloves
Buff x 2	Gore Neckwarmer
Insulated Jacket	Montane Featherlite insulated Jacket
Beanie	Fjallraven beanie
Hoodie	Montane Mens Fireball Lite Hoodie
Socks	Bridgedale Mens Heavyweight Merino Endurance Socks
Gilet	Rab Mens Xenair Vest
Hygiene & Protection	
Suncream	LifeJacket
Soap	LifeVenture Biodegradable Soap
Micro towel	LifeVenture Trek Towel x large
Toothpaste	
Toothbrush	Philips Sonicare One
Medical kit	
Safety Blanket	Lifesystems Survival bag
Electronics	
Watch	Garmin Fenix 7X Sapphire Solar Multisport GPS Watch
Headphones	Soundpeats
Head Torch	Petzl IKO Core 500L Head Torch
Power Packs	HotRox Power bank and handwarmer
Powerbank	Powertraveller Merlin 75PD is a portable
Filming kit	
Drone	DJI Mavic Mini 2 SE
Camera	DJI Osmo Action 3
Camera Case	SMALLRIG OSMO Action 3 Cage
Batteries for Cam	Osmo Action 3 Battery Charging Cradle
Selfie stick	Osmo Action 3 1.5m Extension Rod
Mic	DJI Mic
Phone	iPhone 11 pro and Cat s75
Small tripod / stand	
Other	
Trowel	Deuce #3

Loo Roll	
Handwarmers	
Litter bag	
Water Kit	
Neoprene Gloves	
Neoprene Booties	
Swimming trunks	