ZipperMind.com

Framework of the whole website

THE GOOD ONE

Main home page: *Example: https://www.nitecore.com/*

The main home page proposes access to the main sections of the ZipperMind website with big blocks composed by image and in overlay the title and a small presentation.

5 photo slide + *Paragraph with a presentation of what is the goal of ZipperMind*

URBAN (mobility)

Description of what is the Urban section:

OUTDOOR (BoB) (MORE TOPICS ARE COMING SOON)

Description of what is the Outdoor section:

TRAVELING (MORE TOPICS ARE COMING SOON)

Description of what is the Traveling section:

HOME - DIY (MORE TOPICS ARE COMING SOON)

Description of what is the Home DIY section:

LAW ENFORCEMENT (Tactical) (MORE TOPICS ARE COMING SOON)

Description of what is the Law enforcement section:

SITE EXAMPLES:

https://tripleaughtdesign.com/shop/latitude-field-shirt-ss/

https://www.scubalandia.com/it/

https://snowpeak.com/

https://www.outdoorgearlab.com/

https://teclinediving.eu/academy/art/why-these-donuts-are-so-special/#/

https://www.blessthisstuff.com/ (the central logo and fixed menu bar)

https://www.nemoequipment.com/

The responsive tabs: https://sotooutdoors.com/product/windmaster-new/

Example of a site that can be **switched between dark and light**.
https://humansarefree.com/2020/09/paris-hilton-is-lonely-miserable-exhausted.html

Example of menu with icons: https://vargooutdoors.com/

or
- https://codecanyon.net/item/solidtabs-css3-responsive-tabs/13085652
- https://codecanyon.net/item/tabbed-html5-css3-responsive-tabs/6609747
- https://codecanyon.net/item/responsive-tabs-pro/25787287
- Visual Composer Icon Tabs.

Style: Dark
Style main menu:
Style

URBAN: **3 photo slide** + *Paragraph with a presentation of what is the goal of Urban section + illustration*

***Slide1**:*
How to live well and efficiently in our modern life by acquiring knowledge and optimal products

Alternative Option;

"How to get more efficient life and mobility in modern society by acquiring knowledge and sustainable products".

"How to have a less stressful well-being with effective daily mobility in modern society by acquiring knowledge and an optimal product".

"How to live better with less stressful mobility by acquiring knowledge and awesome products"

Slide2:
As the more you have in your mind as less you will bring with you

Slide3:
ZipperMind is made for the most demanding (or exacting) (fr: exigeant)
Alternative: ZipperMind is made for people who want to know more or simply for the more curious.
ZipperMind is for people who want to know more and for those who desire a better lifestyle with sustainable and original products.

Our mission

ZipperMind wants to give you better advice to increase your well-being and richer knowledge about how to move lighter, faster and more conveniently as commuters, travellers in urban and even into harsh conditions.

+Read More about ZipperMind...

ZipperMind is completely independent and we only promote products that we believe in. We are just highlighting products that we consider can make our life and mobility more convenient. Our selection is based mainly on those criteria: quality, creativity, respect of environment, lightweight, efficiency and multi purpose.

If you are a commuter, a traveller, a trekker, a camper or even a picnician, you are on the right website. ZipperMind is the one stop for discovering original products, urban lifestyle to tactical, civilian to professionals.

We sincerely hope that Zippermind can help you to live a better life, more healthy, less expensive and more happy.

We will constantly change and update our reviews or products. Technology is evolving and our knowledge is constantly growing as our lifestyles change.

About Us *(Link in the footer of the website and redirected to dedicated page)*

Who we are:
Since we got up every morning everything started about mobility, what you will dress and bring to go for today. We are highly specialised about mobility gear and garment, based on our experience around the world including war or disaster zone rescue team.

We are former specialized instructors in a wide range of situations around the world "air water and land" as well as testers in highly specialized tactical equipment.

GUIDELINE for the members of Zippermind *(not to publish)*

Our goal is to centralise and share our experiences from around the world.
To get a large audience for spreading our knowledge and experiences.

Our objective is to advice and promoting products as well as to transmit our knowledge to the greatest number through ZipperMind.com.au

We are drowned in information through the web, that's ZipperMind goes straight to the point.
Too much information kills information.

These products deserve to be known by a wider audience. This does not mean that they are the best products on the market.

(ZipperMind has been created , including a complete section for women and their specificities.

"To reach globally, we started locally decades ago."

We born then die, ZipperMind can make the difference in between.
Everything is about making compromises for better healthy lifeways.

Our team is also instructors, technical advisors and testors.
We put the equipment and ourselves to the test under non-standard conditions.
We are also testing non-lethal tactical and special forces equipment.

Mobility and versatility are increased all around the world but less efficiency because of many external factors such as "too much information kills information" or " too much security makes people less aware".

Our team experienced that kind of situations in many countries no matter traditions or cultures, we all have the same worries in mobility because no one has taught us how to be *S.U.R.E.

Our knowledge is also extended about healthy, hygiene and emergency purpose EMS.

We spread our knowledge from special unit and harsh outdoor conditions to be used as low profile urban lifestyle.

Our advice will allow normal urban people to live and move lighter and more efficiently without any heavy stuff to bring it.

Our abilities and versatility able us to use our knowledge every day not only in extreme situations.

All the advice and items that we recommend to you can change with time, because products, needs, situations even our knowledge will never stop to grow up, technology evolves and your needs change.

"What's most important, the messenger or the message ? "

Everything is about making compromises for a better healthy lifestyle.

The experiences acquired in the field are now used on a daily basis.

To provide you with these tips and tricks, it took a lot of experience and time.

MAIN MENU:

APPAREL

TO CARRY IN

BAGS / PACKS

LOADING

FOOD DRINK

CARE HYGIENE

ADMIN / DOCS

HAPPINESS

LINKS

ARMORY PLATFORM

APPAREL

- Intro: “There is no bad weather, only inappropriate clothing.” (Ranulph Fiennes).

❖ Underwear / Undergarments

- Intro:
- Knowledge: The underwear stays directly in contact with your skin, then the comfort and the quality of the material is the most important thing to focus on. We prefer materials that

don't develop easy bacteria, then bad smell. This gives you the advantage to dress it more days and to wash it less, then spare time, soap, energy and is better for the environment. How to wash the underwear:

Remember the Sun can kill bacteria, viruses and fungus, but he fades the colours too.

➢ **Undershirt**

- Intro:The torso contains a lot of fragile organs and sweat glands. We have to protect them well, especially the lungs.

- Learn more: This underwear is good if it stays next to the skin but not too tight to release perspiration faster in order to avoid any skin chafing by movement, especially close to the axles.
  Choose a fabric who is naturally antibacterial or by chemical treatment and quick drying.
  Can be used as a multilayer purpose or for sleeping.
  Two main models: Long sleeve (SL) or short sleeves (SS)...
  With quarter zip or not…

- Criteria
  - Highly breathable
  - Anti-bacterial
  - Anti-fungus
  - 3D stretchable
  - Comfortable
  - Fast drying

- Suggested products:
  - Cold weather:

    First choice

    Best compromise

    ➢ **LIOD**. The better compromise between warm, weight and breathability. Built in polypropylene, the fiber is woven through their manufacturing secret, ensuring low growth of bacteria.
    Made in Italy since 1986

⊕ High abrasion resistance	⊖ Synthetic fibre
⊕ Non-absorption of liquids	
⊕ Stains	
⊕ Dirt	
⊕ Easy washing	
⊕ Color resistance	
⊕ Thermoregulation	

Man: https://www.liod.it/it/51-busto
Woman: https://www.liod.it/it/56-busto
Children: https://www.liod.it/it/61-busto

Good deal

- Warm weather:

➢ **Underpants**

- Intro: Women need to pack more underwear than men due to multiple vaginal discomfort (See topic Hygienic/women/Intima). Cotton, merino, synthetic or mixed, contrary to popular belief, plain cotton, organic or not, should be banned.

- Learn more: If your underpants look like a swimsuit is a good advantage in case of an improvised swim.

- Criteria
  - Highly breathable
  - Anti-bacterial
  - Anti-fungus
  - 3D stretchable
  - Comfortable
  - Fast drying
- Suggested products:
  - Cold weather:
  - Warm weather:

➢ **Socks**

- Intro: Walking or commuting, it can be a real nightmare for you and people around if you wear the wrong pair of socks.

- Learn more: Walking or commuting, it can be a real nightmare for you and people around if you wear the wrong pair of socks.
  - For you because a good pair of socks will fill in the empty spaces in your shoes, stabilise feet in your shoes. Therefore you will avoid feet tiredness, chafing, bad smells, blisters on your feet, soaking in your sweat and therefore the culture broth with bacteria, yeasts, Candida and others as an ingredient).
  - People around will look at you down because of hygienic issues as they will have to deal with the bad smell thus a lack of your stamina and productivity.

Socks Left & Right ?

⊕ **PROS**: It's preformed shape gives more comfortability.

It avoids fungus and bacteria transfer between your feet. The risk of contamination of both feet and soles in your shoes is lower.

⊖ **CONS**: Your feet will also wear out your socks faster by friction in the same stress point.

At night, hang your socks to dry them well with all the sweat of the day. Don't to stuck them inside the shoes.

Waterproof shoes with breathable membranes must have adequate socks. See topics (maintenance/shoes/breathable membrane)

- Criteria
  - Breathable
  - Anti-bacterial
  - Anti-fungus
  - Comfortable
  - Fast drying
  - Left & Right

- Suggested products:
  - All Weather

First choice

Darn Tough T4088 Tactical 1/4 Cushion
https://darntough.com/collections/tactical/products/t4088-tactical-1-4-cushion

Best compromise

Good deal

- Cold weather:

First choice

Best compromise

➢ **LIOD**. The better compromise between warm, weight and breathability. Built in polypropylene, the fiber is woven through their manufacturing secret, ensuring low growth of bacteria.
Made in Italy since 1986

⊕ High abrasion resistance
⊕ Non-absorption of liquids
⊕ Stains
⊕ Dirt
⊕ Easy washing
⊕ Color resistance
⊕ Thermoregulation

⊖ Synthetic fibre

Model ADAMELLO.

Man: https://www.liod.it/54-piedi
Woman: https://www.liod.it/59-piedi
Children: https://www.liod.it/64-piedi

Good deal

- Warm weather: 3 seasons wicking (absorb or draw off (liquid) by capillary action.) These excellent socks will wick away the sweat.

First choice

Best compromise

➢ **LIOD**. The better compromise between warm, weight and breathability. Built in polypropylene, the fiber is woven through their manufacturing secret, ensuring low growth of bacteria.
Made in Italy since 1986

⊕ High abrasion resistance	⊖ Synthetic fibre
⊕ Non-absorption of liquids	
⊕ Stains	
⊕ Dirt	
⊕ Easy washing	
⊕ Color resistance	
⊕ Thermoregulation	

Model LEGNONE.

Man: https://www.liod.it/54-piedi
Woman: https://www.liod.it/59-piedi
Children: https://www.liod.it/64-piedi

Good deal

❖ Headwear

- Intro: The head contains the brain, the most important and fragile organ of the body.
- Knowledge:

- Learn more: A recent study proves 7-10% of the body heat released from the head / neck. It is therefore necessary to cover these to protect them against the natural elements of cold and heat “IR”. In case of hypothermia, the body will send all the warm and blood to the brain, with the risk of to sacrify feet and hands. The brain cannot endure very large variations in temperature, both cold and hot. Then we have to protect the head very well, including eyes, nose, lips, ears.

- Criteria
  - Good thermal insulation

- Foldable
- Able to make shadow
- With a strap to fix it in case of wind
- Lavable

- Suggested products:
  - Cold weather: Cap, hat Warm weather:

❖ Clothing

❖ Intro:
❖ Knowledge: In addition to the underwear, the clothing includes other criteria such as the look, pockets, accessories and the resistance at the external elements. We advise you to avoid the noisy “Velcro” closures.
Multilayer clothing is the best solution to regulate body heat and humidity.
Whether you arrive at the office or at the base camp, we remove one or two clothes "ex: jacket and / or sweater", so we instinctively apply the multilayer technique because we constantly adapt our body to the climate and also to facilitate our motions.

For the multilayer works effectively, you have to follow a few rules and know which fabrics are suitable:

-Each layer of clothing should be from the lightest to the hardest. (Lightest doesn't mean fragile.)
-The first layer against the skin must have highly absorbent properties as well as a quick release of moisture from the body to the next layer.
-The next layers of clothing retains body warmth while it still transfers moisture from the first layer to the next one.
Apparel like sleeping bags only retain what we released, apparel produces no heat. If we're already cold, the clothes will keep us cold. Motions or Infrared (IR) which are produced by the sun or a brazier can reverse the process and warm you up back.
-The last layers as wind or water proof membrane while releasing the humidity from the previous layers as moisture vapor.
Windstopper or waterproof are a thin stretchy Polytetrafluoroethylene (Teflon or PTFE) membrane, so only thin moisture vapors can pass through it. Moisture vapors are significantly smaller than water droplets, so the inner layer of your jacket or windstopper still can be damp inside. That’s because the PTFE membrane couldn’t release our body moisture on time. This is why breathable jackets have added ventilation to critical spots.

➢ **T-shirt**
- Intro: Directly on your skin, but also with an external part which has to be resistant and with a social style, the T-shirt must be perfect.
- Learn more: Travelling happens you have to sleep at a friend’s home or somewhere else with your T-shirt as pyjama, consider a fabric that does not crumple.
- Criteria
  - Highly breathable

        - Anti-bacterial
        - Anti-fungus
        - Comfortable
        - Fast drying

    - Suggested products:

➢ **Shirt**

- Intro: The big advantage of the shirt is its easy temperature regulation by opening or closing the chest aperture.
- Learn more: Even in warm weather you should consider long sleeves shirts, they are the best protection against the sunbeams, mosquitoes or any other pests. Against these natural factors, the chemical protection is never sure and can be dangerous for your health in prolonged use.
- Criteria
    - At least one pocket
    - Pocket closed by button or zip
    - Breathable

- Suggested products:
    - Cold weather:
    - Warm weather:

➢ **Pullover & insulator**

- Intro:
- Learn more:
- Criteria
    - Really warm
    - Compressible
    - Lightweight
    - With a half aperture for thermal regulation

- Suggested products:

➢ **Jacket**

- Intro: The jacket mainly protects us from the external meteo elements, cold, wind, reain, snow.
- Learn more:

  In many cases, a jacket is also a container due to the quantity of pockets and their easier access compared to a bag. Because of that, it’s better to have a safe closure system for your pocket, such as a zipper, it's to keep your objects safer.

- Criteria
    - Wind and rain proof (water column, higher is better)

- Pockets closed by zip
- Weatherproof zip or double flaps to cover it
- At least 2 external pockets and 1 inside pocket
- One pocket must be big enough to hold a half liter bottle of water
- Zip ventilation for avoid excess condensation

- Suggested products:

➢ **Pant**

- Intro: Urban style with technical
- Learn more:
- Criteria
  - Enough pockets
  - Secure pockets
  - Breathable
  - Comfortable
  - Solid

- Suggested products:
  - Civil style:
    1- UF PRO P-40 URBAN PANTS.
    https://ufpro.com/pants/tactical-pants/p-40-urban-tactical-pants
    Here the video review: https://www.youtube.com/watch?v=BfLAQSz1Bpk
    Tactical style:
    1- UF PRO P-40 ALL-TERRAIN PANTS.
    https://ufpro.com/pants/tactical-pants/p-40-all-terrain-gen-2-tactical-pants

➢ **Short**

- Intro: Is not because it is short that it has to be less.
- Learn more: Even a short pant has to deserve you with all the pockets and comfort you need.
- Criteria
  - Enough pockets
  - Secure pockets
  - Breathable
  - Comfortable
  - Solid

- Suggested products:
  - Civil style:
  - Tactical style:
    1- Helikon-Tex OTS (Outdoor Tactical Shorts) 11"® - VersaStrecth® Lite
    https://www.helikon-tex.com/en_eur/sp-otk-vl-ots-outdoor-tactical-shorts-11-versastrecth-lite.html
    2- UF PRO P-40 TACTICAL SHORTS. *105€*
    https://ufpro.com/uf_pro_products/pants/79/uf_pro_p_40_tactical_shorts/

➢ **Belt**

- Intro: A belt can be used as a self defence tool.

- Learn more: The belt buckle should not be too big or hooked to avoid pricking and breaking your clothing, then choose it small and with a smooth shape. In order to keep even more save the t-shirt, you can just turn the belt around the hips until the buckle gets hidden by the pant loop.

- Criteria
  - Solid enough to be used as a strap
  - Easy to pull off
  - Smooth shaped buckle

- Suggested products:
  - Civil style:
  - Tactical style:

❖ Footwear

- Intro: The shoes are the basis of your body, they will support you all the day, they should be perfect.

➢ **Shoes**

- Learn more: Active urban shoes are more comfortable and lighter.
  Active urban shoes have close quality and feet support than mid trekking shoes usually with more supple sole.
  - Soles have to be cared for the same as your underwear.
    In a few exceptions you wear underwear while your feet are in contact with soles then it should be taken care of as an underwear.
    If you wash your socks frequently then your sole should stay clean and odorless more longer.
    everyday after work, take out the sole of your shoes and stand in it for airy all the night. Occasionally expose your soles to the sun for the UV rays kill germs.
    a. Ortholite
  - Water repels
    a. Revivex or Aid Gear

- Criteria
  - Waterproof
  - Comfortable
  - Reliable Solid/durable
  - Soft, hard mid or souple sole

    With or without breathable membrane. Hybride urban/trek shoes with style without compromising the strengths and can be also used in outback. Anti-slip

sole, preformed footbed, antibacterial lining, breathable mesh, air cushions and durable rubber sole.

- Suggested products:
  - About the genuine Yak Leather
  - **Boots**: https://whitesboots.com/legacy/

➢ **Sandals**

- Intro: You would like to wear sandals.
- Learn more: A good sandal should be adjustable on three points: **ankle**, **toes** and **heel**. This point is not only for the comfort of walking, but also to allow the sandal to be adjusted and still dressed in case you have a bandage or cast on the foot.

- Criteria
  - Completely adjustable and openable
  - Good grip even in wet surfaces

- Suggested products:
  1- https://www.lizardfootwear.com
  2-

TO CARRY IN

❖ Intro: In addition to clothes we bring with us some daily stuff called Every Day Carry.
❖ Knowledge:

❖ Watch

- Intro:The watch is not desuet at all, it allows you to quickly see time information without removing your cell-phone from your pocket or bag. Then it's more sure walking, running, on bike etc…
- Learn more: Don't consider advantageous the photoluminescent hands of watch. It keeps working only after a good exposure to the light and only lasts about for a few minutes. It's just a joke, completely useless if you need to tell the time in the middle of the night.
  Good alternatives are the tritium gas tubes system which glow all the time, the electroluminescence or LED that you switch on manually via a button.
  Forget the functions such as bluetooth, it's only a toy that drains the battery.
- Criteria
  - Enough contrast to read well and fast the hour as well as numbers as hands of watch
  - Date well visible on surface, not in a too deep hole
  - Allarme
  - Good illumination for a night use

- Automatic or Solar powered
- Waterproof minimum at 10 ATM
- Scratch resistant sapphire dome glass or mineral glass
- Consider the Titanium

- Suggested products:
  1- PRW-60T-7AER. *550€* https://www.casio-europe.com/fr/produits/montres/protrek/prw-60t-7aer/
  2- EDIFICE https://www.casio-europe.com/fr/produits/montres/edifice/
  3- PRG-600-1ER. *320€* https://www.casio-europe.com/fr/produits/montres/protrek/prg-600-1er/

❖ Wallet

- Intro: The money and personal documents container, what a responsibility!
- Learn more: A DIY multi layer Aluminium foil works very well even better than RFID shield. If you travel in a risky neighborhood, prepare a fake wallet with fake money and fake ID card. In case of robbery, give the fake wallet and run away!
- Criteria
  - Electromagnetic RF Shield
  - Discreet
  - As thinner as possible
  - RFID

- Suggested products:

❖ Keychain-light

- Intro: From the beginning of humankind we always fight the darkness with a lot of solutions.
- Learn more: Nowadays, even though we have artificial illumination everywhere, a personal lamp is always useful. See on headlamp / Flashlight.

- Criteria
  - Small
  - Lightweight max 50gr
  - Power >=100 lumens
  - Weather-proof IPX67
  - Belt-clip
  - Mini-carabinier
  - Magnet tail
  - Tiltable head

- Suggested products:
  1- Nitecore TIP2. *40$* https://flashlight.nitecore.com/product/tip2
  2- Nitecore Thumb. *20$* https://flashlight.nitecore.com/product/thumb
  3- Titan or Titan Plus up to 300 lumens 58gr battery include

❖ Cell phone

- Intro:
- Learn more:
- Criteria
  -
- Suggested products:

❖ Personal charger

- Intro:
- Learn more:
- Criteria
  -
- Suggested products:

❖ Powerbank

- Intro:
- Learn more:
- Criteria
  -
- Suggested products:

  EDC

  - Nitecore F1. *10$* https://charger.nitecore.com/product/f1
    It can charge all the 18650 batteries.+ Battery: Nitecore NL1835 (3500mAh). 17€ https://charger.nitecore.com/product/nl1835
  - Nitecore NB10000: Waterproof; Capacity:10,000mAh; 50€
    https://flashlight.nitecore.com/product/nb10000

  Long travels

  - Nitecore F4. 50€
    It can charge all the 18650 batteries separately.
    + 4x Battery: Nitecore NL1835 (3500mAh). 17€
    https://charger.nitecore.com/product/f4

❖ Solar charger power-bank

- Intro:
- Learn more:
- Criteria
  -
- Suggested products:

- SUNSLICE Photon - Solar Power Bank
  Affiliate link:
  https://www.sunslice-solar.com/collections/all-sunslice-products/products/photon-solar-power-bank-for-phone?aff=23

❖ Sunglasses

- Intro: Avant tout pour se protéger, pas pour faire le malin!
- Learn more:
- Criteria
  - UV protection

- Suggested products:

BAGS & PACKS

❖ Intro: Travel lighter doesn't mean ultra-light.
❖ Knowledge:

❖ Pouche

- Intro: Contains small usual stuff.
- Learn more: They are gone the happy days when you go outside just with your wallet, a tissue, a pocket knife and a piece of string. Nowadays we bring with us a lot of electronic devices and accessories. A good pouch should keep all your stuff safe and well organized.

- Criteria
  - Wearable on shoulder as well as hanged on the belt
  - Ambidextrous
  - Solid
  - Weather resistant

- Suggested products:
  - Nitecore NDP10: https://flashlight.nitecore.com/product/ndp10
  - Nitecore NUP30: https://flashlight.nitecore.com/product/nup30
  -

❖ Organizer

- Intro: Can contain a tablet.
- Learn more:
- Criteria
  - With external pockets
  - Ambidextrous
  - Solid

- Suggested products:
  - Nitecore NEB10: https://flashlight.nitecore.com/product/neb10
  - Nitecore NUP30: https://flashlight.nitecore.com/product/nup30
  -

❖ Messenger bag

- Intro: Can contain a laptop.
- Learn more:
- Criteria
  -
- Suggested products:
  - TAD Gear; Parallax Messenger Bagr
    https://tripleaughtdesign.com/shop/parallax-messenger-bag-15l/
  -

❖ Backpack

❖ Intro: Essential, Necessary and Superfluous.
A lightweight backpack is good, but if it is too light at the expense of comfort and solidity, it's not worth it anymore.

➢ **EDC backpack**

- Intro: We consider the EDC backpack size between 20 and 33 liter. If you travel a lot on an airplane, you should consider the size to fit with the hand luggage of Low cost flight too (+/- 40x20x25cm).
- Learn more:
- Criteria
  - Secure
  - Comfortable shoulder straps
  - Good hip belt
  - Breathable back
  - Solid
  - With internal compartments

- Suggested products:
  1- TAD gear
  https://tripleaughtdesign.com/shop/fast-pack-litespeed/
  https://tripleaughtdesign.com/shop/fast-pack-edc/
  2- Crye Precision EXP 1500 PACK *280$*
  http://www.cryeprecision.com/ProductDetail/poubp300000_exp-1500-pack
  3- Nitecore BP25. *80€*
  https://flashlight.nitecore.com/product/bp25
  Recommended accessories: NHL20; NHL30; NHL10 Tablet Holder; (NHL04; NHL03); a raincover.
  Another one: Prometheus Design Werx - S.H.A.D.O. Pack 24L - All Terrain
  https://prometheusdesignwerx.com/products/s-h-a-d-o-pack-24l-all-terrain-brown?variant=27889585946710

➢ **Long travel backpack**

- Intro:
- Learn more: (https://www.globe-trotting.com/sac-a-dos-de-voyage)
- Criteria
  - Expendable
  - Compressible straps
  - High density shoulder straps and harness
  - Inclined sacroiliac cushion
  - Lumbodorsal frame support

- Suggested products:
  1-
  2-
  3- f-stop SUKHA. More photo/video oriented. 350$
  https://fstopgear.com/products/packs/sukha

❖

❖ Luggage

- Intro:
- Learn more:
- Criteria
  -

- Suggested products:
  1-
  2-
  3-

❖ Hard case

- Intro:
- Learn more:
- Criteria
  -

- Suggested products:
  1-
  2-
  3-

LOADING

- Intro: As the more you have in your mind as less you will bring with you.

- Knowledge: When you start to load your things into your daily luggage, it is because you may have already prepared what you are going to put in it by respecting the principle of what is essential, necessary and superfluous. Otherwise, we suggest you read about this important topic in the rubric (The Unmissable Main of Three).

  There are many ways to load and organize the contents of your luggage. It will all depend on several factors that are closely related, such as container and content as well as your activities.
  However, we will try to give you a few tips that you can adapt to suit your needs and your lifestyle.

❖ **The unmissable main of three:**

This crucial subject will make the difference between being a mule or a balerine.
Nobody likes to be a slave to their own baggage.
Personally, I have always regretted taking more than less. In this case, it's all about trade-offs, so keep in mind that "Less is More".
One of the keys to doing this is that you must then have impeccable hygiene as well. (see Hygiene and Body care).

1;**Essential**
blah blah blah
2;**Needful**
blah blah blah
3;**Superfluous**
blah blah blah

To prepare the things that you are going to bring with you for your trip, you should free up three separate areas or drop off the things you need.
the first area could be for example a chair where you will put down the things you are going to carry with you, such as your daily clothes as well as car keys, cash, wallet, cellphone …

The second area could be a small table where you could drop all things you will put in your daily bag as a handbag, messenger or daily backpack. This part is usually the most important and the most valuable things that you will take with.

The third area could be your own bed or even on the floor, it'll depend on the size of your luggage or the capacity of your container that you will bring. Is usually in this case where everyone overloads by dropping superfluous things probably because there's left room available in the luggage or because the weight of 20 to 30kg of check-in wasn't reached.

❖ Wash bag

- Intro: Due to similarities of design and ergonomics like accessibilities to many compartments and wide open zipped, wash bags and organiser bags are made to be used as toiletry bags or as an organiser.

- Learn more: Keep a clean and clear order in your wash bag, because it is full of small products and accessories. If the wash bag is small and made by only one compartment, we consider that a transparent one is better to find fast what you need. If you have a more complex wash bag with many pockets and compartments, you can choose one made from an opaque matter.
  Tricks: On the simple compartment wash bags, as usual don't find hooks, it's a pity. We advise to add yourself two hooks attached by a large buckle. In this way you can hang your wash bag everywhere and get access to the content easily. (IMAGE)

- Criteria
  - Transparent
  - Attachable with hooks
  - Splashproof
  - Water repellent
  - Mesh or holes drain
  - Compartments
  - Include a mini mirror
  - Detachable compartment

- Suggested products: Deuter, Osprey

- Contents :
  - Intro: It's advisable to take ultra concentrated products, then less is more.

  - Soap
    a. Intro: Solid & Liquid Soap: I recommend solid soap for hair & body.
    b. Learn more: If you prefer the liquid on, then choose an ultra concentrate product. Usually, I only bring an ultra concentrated Body / shampoo then it avoids bringing two different types of soap.
    c. Criteria
    ➢
    d. Suggested products:
    ➢ https://www.insulabodycare.com/collections/tutti-i-prodotti/products/camp-soap

  - Toothbrush, toothpaste
    a. Intro:
    b. Learn more:
    c. Criteria:
    ➢
    d. Suggested products:
    ➢ https://www.blancodent.net/siriosechi

  - Shampoo + conditioner
    a. Intro:
    b. Learn more:
    c. Criteria
    ➢

d. Suggested products:
➢ https://www.insulabodycare.com/collections/tutti-i-prodotti/products/camp-soap

- Shower gel
  a. Intro:
  b. Learn more: As an alternative, shampoo can be used as shower gel.
  c. Criteria
  ➢
  d. Suggested products:
- Comb
  a. Intro:
  b. Learn more:
  c. Criteria
  ➢
  d. Suggested products:
- hairbrush
  a. Intro:
  b. Learn more:
  c. Criteria
  ➢
  d. Suggested products:
- Nail clipper
  a. Intro:
  b. Learn more:
  c. Criteria
  ➢
  d. Suggested products:
- Tweezer
  a. Intro:
  b. Learn more:
  c. Criteria
  ➢
  d. Suggested products:
- Antiperspirant
  a. Intro:
  b. Learn more:
  c. Criteria
  ➢
  d. Suggested products:
- Iodine
  a. Intro:
  b. Learn more: Iodine is antifungal, antibacterial and antiviral and can be used in the shower or your body, for example your feet or under the armpits....
  c. Criteria
  ➢
  d. Suggested products:
- Body lotion or cream

    a. Intro:
    b. Learn more:
    c. Criteria
        ➢
    d. Suggested products:
- Shaver, shave foam
    a. Intro:
    b. Learn more: As an alternative, hair conditioner can be used as foam shave.
    c. Criteria
        ➢
    d. Suggested products:
- Mirror
    a. Intro:
    b. Learn more:
    c. Criteria
        ➢
    d. Suggested products:
- Hair gel
    a. Intro:
    b. Learn more:
    c. Criteria
        ➢
    d. Suggested products:
- Solid perfume
    a. Intro:
    b. Learn more:
    c. Criteria
        ➢
    d. Suggested products:
- Cotton bulb
    a. Intro:
    b. Learn more:
    c. Criteria
        ➢
    d. Suggested products:

❖ Spare clothes

- Intro:
- Learn more:
- Criteria
    -

- Suggested products:

❖ Scarf

- Intro: Pioneers, cow-boys, nomads, boy-scouts, sheppards, etc… All the people that live in contact with nature or traveling get a multipurpose piece of tissue. On the head, on the neck, on the hips, dress it as you want, it will be useful for a lot of situations.
- Learn more:
- Criteria
  - Easy to clean
  - Fast drying
  - Strong

- Suggested products:
  1- Shemagh

❖ Multi-tools / Knife

- Intro: Nowadays, we don't need no more a big tarzan knife, but more a multi-tools that allows us to tinker or daily repair a lot of stuff.
- Learn more:
  About the uselessness of bottle opener, every multi-tools include a bottle opener who's most of the time unnecessary because the capsule unscrews in several anglo-saxon countries, also because bottle opener are everywhere in the countries where the capsule is not unscrewable like in South-East Asia. Even a lighter or a spoon or another similar cap bottle can be used as an alternative for opening your beverage.
- Criteria
  - Easy to open with one hand
  - Small
  - Lightweight

- Suggested products: SOG; Gerber; Leatherman

❖ Headlamp / hand-light

- Intro: Sometimes a keychain-light is not enough, depending on your activities or kind of travel, then it is better to have a good headlamp well fixed on the head.

- Learn more: Now all mobile phones have a flashlight included, but in emergency cases it would be better to save the battery to stay connected rather than using the phone flashlight. A second small flashlight or even a tiny tactical one, especially for women as self defense is highly recommended.
  Nitecore has developed a very versatile hybride keychain-flashlight-power bank, an all in one as we like (model ….).

- Criteria
  - Autonomy

- Lightweight
- Waterproof IP68
- Power >=250 lumens

Long life storage Lithium battery for at least 10 years of full capacity but they are not rechargeable or long life rechargeable battery*; Easy to recharge, International standard battery or adapters, Lumen will be defined by the focus, wide needs more lumens and narrow needs respectively less lumen).
At least 2 intensities
Brass, Aerospace Aluminium, Titanium
Click on the tailcap for the self defence one.

- Suggested products:
  1- Rofis R2. .https://www.rofislight.com/products/rofis-r2/
  Multipurpose ; autonomy 3h average; use 1x14500 or 1xAA battery; magnetic tail cap.
  2- Nitecore NU25. 28 g / 0.98 oz. *40€* https://flashlight.nitecore.com/product/nu25
  Super lightweight; autonomy 5h average; Charge itself via micro USB.
  3- Nitecore HC33. 90 g / 3.17 oz. *65€* https://flashlight.nitecore.com/product/nu32
  IPX8; directional; good autonomy 10h average; use 18650 battery; magnetic tail cap.
  4-Surefire Titan Plus; 58g incl. batt. Keychain 15 to 300 lumens; 1h to 7h
  https://www.surefire.com/products/illumination/flashlights/titan-plus/

  Notice: *Rechargeable batteries even wear out when not in use.

❖ Fire / Lighter

- Intro: The fire is just like water, essential.
- Learn more:
- Criteria
  - Gas
  - Without smell
  - Don’t evaporate
  - Water proof

- Suggested products:

❖ Cords

- Intro: A piece of string like paracord is always useful to attach something on your backpack, to repair a lot of stuff, for a medical emergency or as a clothesline…
- Learn more:
- Criteria
  - Minimum 3m
  - 2mm thick
  - Static

- Suggested products:

❖ Writing pad

- Intro: Nowaday we write no more on paper, but get a reliable piece of paper at the right moment, it's so convenient.
- Learn more: Pen & block Note should be an essential, the quality of the pen is more important.
- Criteria
  - Strong paper
  - Waterproof
  - Size that fit into pockets

- Suggested products: Waterproof Hardcover Block Notes
  https://atlaua.it/prodotto/block-notes-impermeabile-copertina-rigida/

❖ Accessories

- Intro: Depending on your ways, your job or the kind of travel, you will need to equip yourself with lots of accessories. Take only the essential and the most versatile possible.
- Learn more: Whatever you need, make sure that one object has at least two functions. Imagine, if this principle is fully respected, you will carry half of the objects in your bag!
- Criteria
  - Simple
  - Multipurpose
  - Lightweight
  - Reusable

- Suggested products:
  - Waterproof plastic bags: Loksak https://loksak.com/
    Useful to protect from the water some devices, like cellphones, chargers, powerbank, but also clothes. A second use is to conserve food in a safe and clean way
  - Reusable Plastic Ties: Ecological; convenient; simple
    https://www.intervisio.eu/collections/kabelbinder-wiederverwendbar
  - Carabiner
    a. For accessories and climbing: Grivel Plume K3G
    https://grivel.com/collections/twin-gate-carabiners/products/plume-k3g
    b. Only for accessories, NOT for climbing: Helix XSRE Lock
    https://helixtactical.com/Products/Carabiners/Locking-Carabiners/XSRE-Lock
    c. Only for accessories, NOT for climbing: Nitecore NSH10
    https://flashlight.nitecore.com/product/nsh10

FOOD DRINK

- Intro: The more light you travel, the faster and more far you move.
- Knowledge:

Water

- Intro: Water is life, you can't go anywhere without a minimum of water.

- Learn more: Which container will be better to bring water surely? I consider two containers : The basic one can be an EDC water bottle, it could be small and solid because it will often be filled end if it's not, go and refill it! The size of this one depends on the weather of the country where you stay. It's better if the shape is flat or squared in order to spare more space in the bag.
  The spare water bottle should be bigger but foldable and lightweight, in this case if you don't use it, it doesn't take much space in your backpack.
  You can survive without any food for weeks, you can't survive without any water for days.
  Actually water filters are essential, especially the models which include charcoal one. Filtered waters still chemically contaminated (pesticides, heavy metal, air pollution…). Filters and water containers size and the quantity will be defined from where you'll go and how long.
  Chemical treatments are efficient; they taste and smells but they don't release or inhibit any kind of chemical product.

- Criteria
  - Minimum 100ml
  - Reusable bottle
  - Easy to wash
  - Spare space shape
  - Toxic element free such BPA & B (bisphenol), BPS and Phthalate.

  Due to the controversial endocrine disruptor Bisphenol A, water & food containers had to change by another component. Therefore industry replaced Bisphenol A with another product which let a taste of plastic in the water. Some manufacturers of containers which are in contact with food have replaced Bisphenol A by Bisphenol B which is not prohibited but still also an endocrine disruptor family, that product let water without any aftertaste.

- Suggested products:
  EDC:
  1- NALGENE Flask 10oz / 300 ml. *10$* https://www.nalgene.com/product/2181-0007/

  Spare bottle:
  1- HYDRAPAK Stow 1 L: https://hydrapak.com/shop/flexible-water-bottles/stow-1-liter

- TEST;

  In the past, I had injected impure water into the colon several times. This process is also used by special forces. It recently saved the life of a doctor who lost her path in the Australian bush.

Food

- Intro:

Snacks

- Intro:
- Learn more:
- Criteria
  -
- Suggested products:

Meal Ready to Eat

- Intro:
- Learn more:
- Criteria
-
- Suggested products:

Food utensil

- Intro:

Food containers

- Intro: It can be as well as a hard box than a soft box.
- Learn more: Whatever is hard or soft, the sandwich box must be sealed.
  1. To prevent food from leaking and getting the whole bag dirty.
  2. To prevent the smell of your food from escaping and attracting insects, animals or disturbing people near you. Or just make you hungry before time.
  3. To prevent insects from entering and spoiling your food.
  4. To protect your food from heavy rain or falling into the water.

  The sandwich box must be in a non toxic material and odor free, it has to conserve your food, not alterate it. Depending on the dish of the day, you may use it as a plate or a bowl or even used to warm up your food.
  We suggest you to avoid the microwave ovens.

- Criteria
  - Sealed
  - Easy washable
  - Non toxic

- Convertible into a pan pot

- Suggested products:

➢ **Portable cutlery**

- Intro: They will depend on your culture and your way to eat. For a question of hygiene it is better to eat with a good cutlery.
- Learn more: Depending on your journey, you may need just a spoon or a complete set of cutlery. If you are limited in weight, consider the **spork**, it's an hybride of a spoon and a fork. It works pretty well, a good compromise.
  Avoid cutlery lightened by lots of holes, because those holes are difficult to clean and some residue of food can be trapped inside. The consequences are the development of bacterias and fungus or the oxidation of your cutlery.
  A good travel cutlery must have one hole at the end of the handle, this allows you to hang your cutlery on a hook, a clip, a twig or a rope when you cannot to lay the spoon on a clean table or to make it dry.
  Be careful where you place the fork, as it could puncture your bag, always store it there with the tips towards a hard part.
  The **Chopsticks** can be either inexpensive in simple bamboo, or expensive if in metal and collapsable.

- Criteria
  - Strong
  - Lightweight
  - Anti-oxidable
  - Avoid plastic
  - Only one hole at the end of the handle

- Suggested products:
  - The lightest: SeaToSummit - AlphaLight 3pc Cutlery in Set = 22gr, or separated: Spoon 9gr, Fork 6gr, Spork 9gr.
    ⊕**PROS**: The lightest in the world. Easy to clean. Built in hard-anodised aircraft grade aluminium, that means no oxidation and not scratchable.
    ⊖**CONS**: The knife has a small default: the serrated edge of the knife has a shape like a comb, with the defect in capturing and keeping food residue, even after washing. Then give more attention when cleaning the knife.
  - SeaToSummit - AlphaLight 3pc Cutlery:
    https://seatosummit.com/product/alphalight-cutlery-set-3pc-knife-fork-and-spoon
    Review: https://youtu.be/ZV9UjSQVjxo
  - Gerber Devour - Flat Sage
    https://www.gerbergear.com/en-us/shop/equipment/all-equipment/devour-flat-sage-31-003422

CARE HYGIENE

❖ Intro: Mens sana in corpore sano.

- Knowledge: Antibacterial doesn't mean antibiotics or antiseptic (Antibacterial agents can be further subdivided into bactericidal agents, which kill bacteria, and bacteriostatic agents, which slow down or stall bacterial growth. In response, further advancements in antimicrobial technologies have resulted in solutions that can go beyond simply inhibiting microbial growth. Instead, certain types of porous media have been developed to kill microbes on contact.) in Wikipedia

Body care

- Intro: All things about body care should be ultra-concentrated and effective to avoid losing space in your belonging.
  For urban commuters it's recommended to bring a small pouch and insert mini spares of your favorite body care.

  - **Toothpaste & Toothbrush.**
    - Intro:
    - Learn more:
    - Criteria
      -
    -
      - Suggested products:
        BLANCODENT: Unique Concentrated and natural toothpaste powder 100% commestible. Unlike conventional toothpaste in paste it does not contain poisonous and harmful chemicals, such as foaming agents, thickeners and fluoride that prevent perfect oral hygiene.
        With a single sachet of Blancodent concentrated toothpaste powder you can make up to 10 tubes of toothpaste, 20 times more cleaning than a normal toothpaste. Blancodent gradually releases its nutrients, protecting the teeth for 24 hours.

        Blancodent ingredients: Sublimated bicarbonate (patent and registered trademark of blancodent) Food silica, (also known to detoxify from acids and heavy metals such as aluminum) Calcium carbonate, Peppermint, Cloves (natural anti-inflammatory) Salvia officinalis. Enriched with 0.07% sodium saccharin. 100% Edible Natural Product.

        Our review: https://youtu.be/tv--313nayc
        Where to buy: https://www.blancodent.net/siriosechi In case of, use the personal code: **002043**
        More infos at https://www.blancodent.net/

  - **Shaver & Shaving Cream.**
  - **Soap, Shampoo & Conditioner.**
  - **Hair Clippers, Comb & Brush**

  - **Tissues**
    - Intro:

- Learn more:
- Criteria;

- Suggested products:

➢ **Perfume**
- Intro:
- Learn more: Liquid perfume can leak and irreversibly/dramatically stain your precious stuff especially in aircraft because of pressurization. Since I found solid mini perfume, I don't need to worry about it anymore. I Suggest you to bring two or three mini samples in different fragrances for special events.
- Criteria
  -

- Suggested products:

➢ **Body Lotion & Cream**
- Intro:
- Learn more: Body lotion: It will depend on your type skin but for bringing less I recommend you to take hand cream which is more concentrated and needs to apply less on your dry or chafing areas. Then you will save volume and weight in your bag.
- Criteria
  - Biodegradable

- Suggested products:

❖ Physical & Mental health

➢ **Aaaa**
- Intro:
- Learn more:
- Criteria
  -

- Suggested products:

Prefer using the stairs to the lift.

❖ Chemist

➢ **Aaaa**
- Intro:
- Learn more:
- Criteria

-
  - Suggested products:

❖ EMS & Medical care

➢ **Aaaa**

- Intro:
- Learn more:
- Criteria
  -
- Suggested products:
-

ADMIN & DOCS

❖ Intro:
❖ Knowledge:

❖ Administrative, personal and travel documents

- Intro:
- Knowledge:

ID photo

Bring always with you at least 2 ID photos.
Bring always with you at least 2 ID photos, They are useful for a lot of administrative practice, if you lose your documents, asking jobs etc… If you have ID photos ready to use you can make faster a lot of bureaucracy practice. Keep also the file of your ID photo in your USB flash drive and Cellphone.
Remark: Make sure that important files in your mobile don't compromise you or your business. Few countries as Five Eyes Country control randomly new arrivals, they take the right to deeply snoopy your devices, especially mobile.

Driver's license

A driver licence is NOT an identity card, in some countries it can be refused as an identity document. If you travel to another continent, you have to get an international driver's licence.

A photocopy of all your documents

If by mistake you lose your official documents, a photocopy of them can help you very much when denouncing the lost.

In colour is better
Stored in a different place than the official ones
Wel closed in a plastic wrap

Better if waterproof

HAPPINESS

- Intro:
- Knowledge:

Ici tu met à la queue leuleu tous tes proverbes et phrases de sagesses.

- *“Il y a pas d’ordre dans le désordre”.*
- *“Is not how good you are, is how good you want to be”*
- *“What you don’t learn by wisdom you will learn by suffering” I learned several times by suffering, did you ?*
- *“Laziness is the engine of intelligence”*
- *“L'ignorance est la mère de tous les maux”*
- *Ignorance kills*
- *“Une des pires prisons mentales s’appelle: “à partis pris”.” (Sirio)*
- *“La télévision vous télécommande, et vous téléobéissez.” (Sirio)*
- *“You get what you pay for”*
- *More you know and the less you’ll bring it*
- *Who has never felt good in his life is that he has never really dumb shit well, lol.. what can the most, it can the leas*
- *“There is no bad weather, only inappropriate clothing.” (Ranulph Fiennes)*

CREATE:

Create an international Braille language and script that can be used to avoid the use of the voice or for anyone who wants to find something in a dark place such as in caves

LINKS

Ici tu mets une liste de sites intéressants et tu les présentes à chaque fois.

- Interesting websites
  www.universirius.com
- Interesting reviews
  https://www.youtube.com/playlist?list=PLPukkyAzzmaycGoeGDo3-MEv_EhoKQhzr

ARMORY PLATFORM

It’s a deck for showing and selling products or prototypes from retailers, wholesalers or manufacturers after being tested. i.e. Nightcore product

Footer:

- Social links: YouTube: https://www.youtube.com/zippermind
  Instagram:
- Random philosophical sentences coming from Happiness:

Keywords & search tags:

Urban dweller, City dweller, Town dweller, Townsman, Urban, Alternative, Convenience, Urban lifestyle lifestyle gear, Traveller gear, Travel lifestyle, Travel light, Alternative travel, Minimalist, Minimalism, Mobility, Transport, Commuter, Journey, Go to work, Journeyman, Manual of life, Travel advice, Travel easy, Travel tips, Travel gear, Travel equipment,

Out of the grid, EDC, Everyday Carry, Bug out bag “BOB” ,Gray zone, Grey zone, Low profile, Carry things, Vagabond, Vagabonding, Globetrotter, Backpackers .

Tactical, Tactical gear, Urban tactical, Under the radar, Undercover, Covert operative, Snoop,

Survival, Survivalism, Urban survival, Bush, Outback, Outdoor, Adventure,

Lifehack, lifestyle, improve gear, traveling, traveler, tips & tricks, alternative gear, compromising, open minded, EDC, versatile gear, urban survival, S.U.R.E, safe smart secure useful reliable efficient economic, multipurpose, TADgear, Triple Aught Design, Nitecore, UF PRO, Nalgene,

BRANDS
Halton, Matador, UF Pro, Icebreaker, Smartwool,Yetiworld, Mechanix, TAD Gear, Helikon-Tex, Nitecore Tactical, Matador, Pentagon, Arc'teryx, Arc'teryx LEAF Gregory, Osprey, Darn Tough, SOG, Gerber, Leatherman, Rofis, Seatosummit, Snowpeak, SureFire, Ortholite, Deuter, Rohner socks, Crye Precision, Palladium, Aigle, Nemo, Montane, Mont-Bell, Rab,

ADAGES:
Less is More.
True preppers are from true scouts
You get what you pay for.
To live happy, live hidden.”if you have safety box in the bank, you will never
To live happily, live hidden. "If you have a safe in the bank, you will never reveal the contents, especially to greedy vultures or authorities, isn't it ? Then do the same in your everyday life.

CAUTIONS:
A Malaysian-Chinese who's CEO of the Group company said to me a very simple thing "Don't listen but look".
Border Force, Immigration Force means using forces and power if you don't comply.
Whatever the government says "that's good for you", don't follow, avoid it or don't do.
Government never cares about you, using the system as your advantage to progress as they used you for decades as a pure consumer product and not as a human being.

SLOGANS:
Any doubts? So try them!

NOTICE:
Keep in your mind that some of our articles will probably overreacting or offend people or industry who have interest to let you in the unknown where in doubts

I like the term "specialist" and not the term "expert".
Keep in your mind that some of our articles will probably hurting, irritate, offend people or industry who have interest to let you in the unknown where in doubts
we're more "highly specialists".The term of "expert"was too repetitively distorted.

TOPICS:
Baselayers include T-Shirt LS & SS, Boxers & Briefs, Socks
Keywords Bank
Guideline
Panorama "Global ViewsOf Products"
About Who We Are
Our Mission
Our policy
Tropical, Subtropical, cold & dry weather.

NOTE:

Icebreaker; The colour fastness is top-notch.
ZipperMind needs to develop and split Urban lifestyle mobility, outback mobility, tactical and exploration.

Add Topic about "Essential proposal":
Add Topic about "General Care/ Maintenance":
Add Topic about "Prevention" ex; pick pocket
Usually sleeping bags can't catch IR from the body warmth.