

CAPE WRATH TRAIL KITLIST (MAY 2018)		
CLOTHING (WORN)		
Paramo Cascada II Trousers	-	Doubled as waterproof and hiking trousers. Very happy with these.
Sealskinz Socks	-	Surprisingly breathable. Kept feet relatively dry.
La Sportiva Akasha Shoes	-	Very impressed. A solid, lightweight, non waterproof trail shoe.
Short sleeve Merino Top	-	Did the job.
Merino Boxers	-	"
CLOTHING (TO CARRY)		
Rab Microlight Down Jacket	430g	Lightweight. Warm. Comfy. Boosted sleeping bag warmth.
Hiking Shorts	175g	Did the job.
Merino Leggings	125g	For sleeping.
Long sleeve Merino Top	200g	"
Akubra Bushmans Hat	130g	Compressible but pretty battered after 15 days on the trail. Effective in both hot and cold conditions.
Rab Polartec Gloves	45g	Good all round 3 season glove. Performs well when wet.
Merino Liner Gloves	25g	Not needed.
Buff Merino	55g	A good multi use item.
Possum fur/Merino wool Hat	55g	Brilliant. Warm but breathable.
Merino socks x2	175g	Can't go wrong with merino.
Sealskinz Socks	140g	Worn around camp to go to toilet, take photos etc. Would maybe replace with sandals.
Mountain Equipment Janak Gore-Tex Jacket	515g	Not the lightest but very good in wet and cold conditions.
Rab Softshell Top	380g	Not the lightest but worked well. Worn on all but the warmest days.
	2450g	
TRAIL KIT/STORAGE		
Osprey Talon 44L	1100g	Lightweight and supportive up to 17kg.
Leki Walking Poles	-	Essential for crossing rivers, bogs and steep ground. A much appreciated item at all times.
Plastic Bag (for rubbish)	-	
Pack Liner	100g	Did the job.
Drybags	60g	"
Mcmurdo PLB	150g	Did not use... thankfully.
	1410g	
CAMPING & SLEEPING KIT		
Tarptent Stratospire 1	1000g	Very impressed. Lightweight yet roomy. Passed the Scottish wind and rain test.
MH Hyper-lamina Spark Synthetic	735g	Not warm enough for the conditions. Considering a down bag.
Thermarest Neo X Air sleeping mat	350g	Lightweight. Comfortable.
Thermarest Pump Sack	75g	Not essential but quickens the process of inflating sleeping mat.
MSR Groundhog pegs	115g	Strong and sturdy.
	2275g	
COOKING KIT		

MSR Windburner	430g	A little heavy but made up for it with ease of use and sturdiness. Will try a lightweight meth burner next time.
Firesteel	50g	Did the job
Lighter	10g	"
Sea to Summit X Mug	60g	"
Sea to Summit Spork	10g	"
Pot Scraper	20g	"
	580g	
WATER KIT		
1L plastic bottle	35g	Did the job.
Platypus 2L bag	40g	"
Sawyer Filter	95g	Lightweight but not a quick filtering process. Bag broke near to the end of trail.
	170g	
NAVIGATION & MISC		
Ortlieb A5 Map Case	50g	Did the job.
Harvey Maps	120g	"
Silva Compass	70g	"
Journal & Pen	100g	Expedition essential!
	340g	
ELECTRONICS		
Phone	110g	
Charger & Cables	75g	
Solar Charger	260g	Held charge well for a £16 item. Re charged on the sunny days.
Kindle	310g	A must have item for me. Reading with a coffee is an important part of each morning on the trail.
MP3 Player	40g	Much appreciated on those long, rough pathless sections. Good for moral.
BD Head Torch	100g	Hardly used.
4 spare AAA Batteries	30g	Did not use.
	925g	
CAMERA KIT		
Olympus OMD E5 mkii & battery (x2) & 14-40mm Lens	890g	Very happy with this camera! Light enough to carry around neck when hiking. The features allow for quick and simple usage.
Manfrotto camera bag	225g	
Gorillapod	190g	A useful lightweight tool for those long exposures and self portraits.
Camera charger	165g	
	1470g	
REPAIR/SURVIVAL KIT		
Sleeping mat/tent repair kit/needle/thread/safety pin	40g	Did not use
Duct tape	40g	A trail essential! Used on other peoples walking poles, broken inner soles and footwear.
Penknife	75g	Did the job.
Survival Blanket	55g	Useful in combination with a failing sleeping bag.

		210g	
	FIRST AID KIT		
Ibuprofen Gel	50g	Used on aching feet and knees on the harder days. Worked well or possibly a placebo...?	
Paracetamol/Nurofen tablets	15g	Hardly used.	
Antiseptic wipes	10g	Used once.	
Plasters	-	"	
Tick Card	5g	Did not use.	
1x vinyl gloves and rubbish bag	10g	"	
Crepe Bandage	65g	"	
Self adhesive dressings & Gauze	15g	"	
Foam Splint	40g	"	
steri strips	5g	"	
fybogel/lemsip/eyewash/condom/mouth guard	30g	"	
	245g		
	INSECT/SUN		
Avon skin so soft	115g	Sent home at Kinlochewe. Not needed. No midges.	
Midge Headnet	20g	Not needed but kept just incase.	
Suncream	25g	Used on more days than expected!	
Sunglasses	20g	Did the job.	
	160g		
	WASH KIT		
Earplugs	10g	Useful for blanking out the louder snorers in hostels and bothies.	
Pack Towel	110g	Essential for drying feet at the days end.	
Anti Perspirant	40g	Hardly used.	
Toothbrush + toothpaste	80g		
Soap	55g		
Toilet paper & shit bags	15g		
Tangle Teezer	75g	An essential for the long hairs out there.	
	385g		
	FOOTCARE		
Foot Powder	110g	Essential for drying out feet after a long day.	
Blister Plasters	15g	Used a couple. They stay stuck on when wet and stop any blister pain.	
Blister Stick	25g	Very effective at reducing the formation of blisters. Applied most mornings.	
Moleskin	15g	Comes off when wet.	
Scissors and file	15g	Essential in keeping toe nails in good condition.	
	180g		
	TOTAL: 10820g		