

Equipment

Materialgroup	Undergroup	Material	Weight [in g]	-> from all that wearing		
Backpack	She	LoweAlpine Mt. Troy ND 55+10	2400			
		Raincover	113			
		Protection plastic (trash) bag	48			
	He	Deuter air contact 45+10l with raincover	2736			
		Protection plastic (trash) bag	47			
	Small backpack		648			
		Raincover	67			
	Dry bag	Sea to summit 20l lightweight	192			
		Osprey 20l	128			
		Osprey 5l	32			
		Nordkamm capella compression cube	109			
Ortlieb waterproof 5l		148				
Clothes She	Upper body	rain jacket haglöfs LIM III	244			
		Odlo softshell jacket	383	-383		
		thin long sleeve	157	-157		
		Odlo T-shirt	154			
		Hoodie	495	-495		
		2 tops	174	-96		
		bra top, bra	99	-50		
		T-shirt long	154			
		Shirt	133			
		Simple poncho	53			
		Trousers	Meru Zip-trousers	298		
	Fjällraven G1000 Karla Pro		443	-443		
	light leggings		91			
	Short trousers Kalenji		108			
	Underwear (in mesh bag)		139	-23		
	Feet		Hanwag Tatra II Hiking boots (leather)	1723	-1723	
			Sneakers	457		
			Flip-flops	192		
			Hiking socks merino (Falke wool tk2)	65	-65	
			Hiking socks merino (Falke wool tk2)	59		
		Socks wool	76			
		Support stockings for travel	54			
	Accessoires	2 Socks	53			
		Bandanas	71	-38		
		light odlo gloves	45			
		beanie	72			
		Headnet meru	29			
		Cap (Blaser)	74			
		Extra shoe laces	18			
		Tissue	17			
		Sunglasses sepia	44			
		Sunglasses dark	36			
		Belt	65	-65		
Gauntlets		75				
Clothes He	Upper body	rain jacket haglöfs	471			
		Softshell jacket arc'teryx gamma mx	619	-619		
		Polar fleece sweater Quechua	278			
		Merino long sleeve icebreaker (200 oasis ls crewe lsle)	222			
		Prodigy Thermo long sleeve	156	-156		
		Odlo T-shirt	145			
		Poncho	422			
	Trousers	Zip-trousers Quechua	295	-295		
		Zip-trousers Quechua	252			
		Thermo leggings Kipsta	161			
		Underwear	109	-66		
	Feet	Meindl Borneo 2 Hiking boots (leather)	1560	-1560		
		Flip-flops	153			
		Hiking socks merino (Falke wool tk1)	88	-88		
		Hiking socks merino (Falke wool tk1)	88			
		Dexshell waterproof socks	56			
		Support stockings for travel	51			
		2 Bandanas	117	-51		
	Accessoires	light gloves (forclaz)	52			
		beanie Peak Performance	60			
		Headnet cocoon ultralight	20			
Cap adidas		72				
Extra shoe laces		18				
Gauntlets		72				
Health	Towels	1 big, 1 small	263			
		1 big, 1 small	156			
	Hygiene	She	235			
		Sheet 2	647			
	others	He	949			
		Medication stock	307			
		Emergency kit	235			
		Liquids bag	945			
		SteriPen Ultra (with protective cover)	162			
		Sawyer mini filter (with cleaning kit)	84			
Technique	Camera	Canon 200d	623			
		Panasonic dmc-tz61 (with simple case)	315			
		Osmo pocket	116			
		Osmo pocket accessories	151			
		Tripod	555			
		Micro	99			
		Camera bag with cleaning kit and batteries	409			
		Lens	225			
		Shoulder strap camera	112			
	Multi Adapter	105				
	Ipad mini4	490				
	Phone	226				
	Accessoires	External battery with cables (Anker PowerCore 26800)	524			
		Head torch LED, batteries (Laura)	40			
		Head torch LED, usb (Vincent)	123			
		Tiny LED pocket lamp	39			
		Sheet 3	598			
		Camping	Water	Camelbak 2l	178	
				Camelbak 3l	226	
360degrees bottle	374					
Nalgene bottle	136					
Camping "kitchen"	knife		34			
	Wooden spoon		12			
	Soup spoon metal		30			
	Tea spoon hard plastic		6			
	Lighter		16			
	Mug		92			
Food	tea	120				
	Cereal bars	222				
	Soups, potato powder	274				
	Some chia, oats	177				
	Dry mango	86				
	Some herbs, coffee	34				
	Sleeping	Sleepingbag down (Valandré Lafayette)	1129			
		Sleeping bag down (Cumulus panyam 600)	1124			
		Isolation mattress (Uquip)	165			
		Isolation foam mattress (Thermarest)	415			
Silk inlay (meru)		123				
Thermolite reactor inlay (Sea to Summit)		273				
Isolation seat pad		27				
Tent	Msr freelight 2 tent plus a groundsheet	1650				
Others	Little shovel	50				
Art	Music	Toilet paper	78			
		3 harmonicas	283			
		Guitarlele	840			
		Softcase for Guitarlele	217			
		Capo	45			
	Writing	2x extra strings for guitar (d'addario proArte EJ46 hard tension)	50			
		logbook et pencils	414			
		Art	aquarell paper and colours with protection map	469		
			Wood sculpture material	258		
			Sketchbook and pencils	222		
Documents	Belt bag	eagle creek	150	-150		
		sea to summit	156	-156		
	Wallet	62				
	Travel documents and paper	412				
Others	Pictures	Little air pillow	48			
		Pillow	216			
		Shoe wax plus brush	63			
	Sheet3	other little things	551			
		bag	58			
		Face cloth	29			
		tissues	104			
	Book	Nicanor Parra Poèmes et Antipoèmes, bilingue	143			
		Fantassin	111			

Total She

11380

Total He

11070

Indifferent

10732

Total without clothes wearing

Total

39451

32772

“She” Lolo wash bag	“He” Vincent wash bag	Medication stock	Emergency kit	Liquids bag
Painkiller	Deo vitamine powder	Floradix	Coalgan hemostatic	Sunscreen 30
Sport tape slices	Dental floss	Levocetirizine 5mg	Immodium akut	Sunscreen 50
Cable binders	plaster	Ventoline Salbutamol inhalator	Diaretyl 2mg	Gouttes bleues eye drops
Waterproof pen	Blistering plaster	Aspirin plusC carbon tablet 400mg	Travel sickness pills	Autan afterbit gel
magnifier	Toothbrushes	Esberitox compact	Ventoline Salbutamol inhalator	Anti mosquito spray
razor blade	Ohropax		Levocetirizine 5mg	Tiger balm
Small screw driver	Nail clippers		Sunscreen 30	Deo
Clip	Nail scissors		Plasters	Allergie spray
Sharp pincette Viola	Tweezer		Plastic bag	Zinc cream
Sewing set	Soap plus box		Pencil	soap
Super Glue	Toothpaste		Pen	Lip balm
Matches	Comb		Elastic	
Small vessel of hydrogen peroxide			Secure pins	
Empty matches box			Sewing set	
Condoms			Little and big vessel	
Haircutting Scissors			Dental floss, cotton and cotton buds	
comb			Matches	
Little plastic spoon			Painkiller	
Wool string				
Pencil				
Tooth picks				
Small piece of paper				
Alcohol pads				
Rubber rings				
Hair ties				
Hair clips				
Tube parts				
Safety pins				
Paper clips				
some strings and cloth pieces				
Hook				
Aspirin plusC carbon tablet 400mg				
Juniper berries				
Cloves				
Arnica C200				
Charcoal tablet				
Vesikur 5mg				
Dafalgan Paracetamol 1000mg				
Reactine				
Cipro basics 500mg				
Propolis				
Magnesium 400mg				
Cotton buds				
Some cotton pads				
Tiger balm				
Plaster				
Gloves plastic				
Shaver and blades				
Thermometer				
Duck tape				
Tick tong				
Buttons				
Exchange earplugs				
Nail scissors				
tweezer				
Small tool				
Small pliers				
Multitoolcard				
Yarn				
Lozenges				

-> from all this in Hand luggage for flight

Toothpaste

Toothbrushes

deo

Comb

Ohropax

Medication

Eye drops

Electronics	Other little things
Batteries for head torch	Compass
Extra battery for Panasonic camera	Snap hooks
Double jack headphones	Vessels
Cable Panasonic camera	Tape
SanDisk USB/apple stick	Candle
MP3 plus cable	Long string
USB cables	Safety Locks
charger for camera	Rescue blanket
Headphones	Plastic bags
Multi fast charger	Some mosquito net for tent reparations
	Big elastic
	Some thin wire