

Light-Pack Bushwalking

Terence's checklist for a 7-day walk [sub-alpine areas in spring/summer/autumn]

| Item | Grams | Notes |
|---------------------------|--------------|---|
| Pack | | |
| Go-lite 'Gust' pack | 570 | Frameless pack in ripstop nylon. Maximum design load is ~14kg |
| S2S drysack pack liner | 280 | Recently superseded by S2S 'Ultra-Sil' packliner (110g) |
| Shelter | | |
| MSR 'Zoid' 1tent | 1300 | Single person tent+fly with insect protection. Possible to sit up in tent |
| Tent footprint | 100 | Lightweight plastic cut down from painter's dropsheet |
| Sleeping | | |
| Thermarest Prolite-3 mat | 370 | 3/4 length. Closed cell foam is lighter but less comfortable |
| Macpac 'Snowflake' bag | 580 | 'Snowflake' no longer available. WM 'Highlite is lighter (450g) and warmer |
| S2S 'Thermalite' liner | 250 | Made of light fleece fabric. Claimed to add up to 8°C to bag warmth rating |
| Cooking | | |
| Trangia Mini Stove | 360 | Could reduce weight to 170g using home-made aluminium lid and burner |
| Windshield | 10 | Home-made from base of aluminium baking tray |
| Spoon | 10 | Titanium or polycarbonate would be lighter |
| Fuel bottle/fuel/matches | 330 | 300ml fuel is sufficient to heat pre-cooked one-pot meals for 8-10 days |
| Water | | |
| PET bottle + 1litre water | 1040 | PET bottle is lighter than Sigg or Nalgene |
| Water bladder (2 litre) | 40 | Cascade Designs 'Platypus' preferred - wine skin lighter but more fragile |
| Wet Weather Gear | | |
| Rainjacket (¾ goretex) | 750 | Consider Coghlan's Emergency Poncho (60g) for dry season trips |
| Spare clothing | | |
| Thermal top/long johns | 370 | Mid-weight. Silk thermals would be lighter |
| Thermal top | 130 | Lightweight. Not carried on mid-summer trips |
| Socks | 100 | Can also be used as mittens |
| Hat (polartec) | 70 | Could save weight by substituting silk balaclava |
| Walk short zip-on legs | 90 | Used for insect protection on warm nights or as extra layer on cold nights |
| Sarong (silk) | 60 | Used as quick drying towel. Worn while waiting for other clothes to dry |
| Camp sandals | - | Only carried on trips where wet boots are expected. 230g |
| T-shirt (silk weight) | - | Carried on mid-summer trips instead of lightweight thermal top. 110g |
| Other | | |
| Map/case/compass | 100 | Use A4 ziplock bag instead of full map case |
| First Aid kit | 340 | Bandages, bandaids, blister aid, space blanket, panadol, micropur etc |
| Toothbrush/paste | 30 | Cut down child's toothbrush + dentist 'sample' tube of toothpaste |
| Sunscreen | 30 | Carried in small NALGENE bottle |
| Toilet paper | 20 | 6-8 sheets/day. Use tent peg as toilet trowel |
| Head torch | 60 | Petzl Zipka LED. Lightest available LED is Princeton Tec Pilot (15g) |
| GPS/EPIRB/CDMA/rope | 250 | Assumes safety gear is shared between 3 people. Consider if needed |
| Journal/pen | 30 | A7 96page spiral bound note book |
| Radio | 60 | SONY SRF S84 AM/FM - used for weather forecasts on longer trips |
| Crosswords | 10 | Can be burned or used as toilet paper after completion |
| Stuff sacs | 100 | Various nylon sacs and plastic bags to organise gear within pack |
| Keys/money/credit cards | 60 | Carried in small zip-lock bag |
| Food | | |
| 7days@550g/day | 3850 | Based on food plan of ~9500kJ/day [See 'Food for Thought' in <i>it</i> June 2004] |
| Total | 11750 | Could be reduced to ~10250g by adopting alternatives noted above. |

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Terence is not a qualified dietician/nutritionist, simply a keen bushwalker who has read what he can readily find on the subject