

Gear List Standard 3 Season Gearlist						
Time of Year	All year except Winter/Permanent Snow		In winter/permanent snow add additional insulation layer top/btm, long sleeping mat, 4 season tent, overtrousers, overmitts, iceaxe, crampons, snow gaitors			
Trip Length	Weekend - Fri pm to Sun pm (typ. 48 hrs)		Gust has sufficient capacity and load-carrying ability if packed using burrito method with CCF pad for 7 days			
Terrain	Typical NZ backcountry - Tararuas: Bush, Rivers, Mud, Rocks, Sub-Alpine. Steep Hills Rough tracks, unmarked routes, bushbashing		-50 Back country huts available for public use throughout ranges			
Notes	Very exposed to wind and rain - hypothermia is a major concern if caught on tops in bad weather		Temperature Range -5-30 deg C			
Gear Class	Purpose	Item	Base	Weight (g)		Item Notes
				Worn	Consumable	
Main	Pack	Golite Gust modded w/ hipbelt pockets, compression cords	630			My first true UL pack, \$30 from auction site
Main	Spare Plastic Bags	Supermarket Bags x3	50			For wet stuff/rubbish
Main	Pack Liner	Large Rubbish Bag - large garden rubbish	55			Keep everything dry as pack not waterproof
Main	Sleeping Bag	Macpac Neve	1070			20 yrs old, 400g 650 power fill, down on top only, WP/B outer
Main	Shelter	Macpac Eclipse Fly w/ gndsheet	1565			20 yrs old, fly with single hoop pole. Can handle tops camping w/ moderately severe horizontal wind and rain, 3 season
Main	Sleeping Pad	Exped Synmat UL7S	430			new 3 season sleeping pad, use pack as pillow
Clothing	Footwear	Saloman Approach Shoes		1080		synthetic/suede shoes w/ goretex liner, ok for weekend trips in rough terrain. Still prefer boots for extended trips in rough terrain
Clothing	Gaitors	Kathmandu WP/B Short		140		covers ankles
Clothing	Raincoat	Warehouse PVC coat	670			cheap and nasty raincoat, tough for bushbashing
Clothing	Insulation	100 wt polarfleece top	285			warm enough
Clothing	Insulation	100 wt Balaclava	60			homemade
Clothing	Insulation	Polypro Gloves	35			generic
Clothing	Base Layer	S/S and L/S polyester tops	275	275		generic, extralong trunk
Clothing	Base Layer	Nylon pants	345			leg protection/insulation
Clothing	Base Layer	Socks	75	75		lite hikers
Clothing	Base Layer	Shorts		140		short nylon
Clothing	Base Layer	Lykra Shorts		110		prevent chaffing
Clothing	Base Layer	Sunhat		130		protect head from sun/sweat
Cooking	Cooker	Snowpeak GS100	85			nice stove
Cooking	Fuel	Gas Canister	280			Kovea 30% propane
Cooking	Windshield	MSR	45			from simmerlite
Cooking	Billy	Snowpeak 900Ti	110			Al foil lid
Cooking	Utensil	Sea-to Summit long handled Al	15			no burnt fingers
Cooking	Water	2 litre PET water bottle	75		2000	great for keeping hydrated
Cooking	Food	2 days @ 785g/d 7000Cal total			1335	usually have some in reserve, only one dinner
Misc	Misc	Bic Lighter	20			Std size
Misc	Tape	Leukoplast	55			Blisters/repairs - stays stuck even when feet are wet
Misc	First Aid Kit	First Aid Kit, plasters, pills, safety pins	100			
Misc	Knife	Victorinox	85			Std size - blade/scissors etc
Misc	GPS	Garmin Etrex	150			wherethefuckarewe
Misc	Map	Map	20			laminated
Misc	Compass	Silva Baseplate	25			standard model
Misc	Insect Repellant	Bushmans	85			80% DEET
Misc	Sunscreen	Cancer Society	60			SPF30+
Misc	Money/ID/Keys/Hut Pass	Cash/Cards/Drivers Licence/Car&House Keys/Hut Pass	30			for staying in huts
Misc	Torch and headband	4Sevens Preon Revo NW SS	50			great for night tramping 2-4 hrs fri night
Misc	Notebook	32p A6	35			journal

Misc	Pencil	Pencil	10			pencil always works
Misc	Whistle	Whistle	15			emergency locator beacon
Misc	Toothbrush	Toothbrush	15			handle cut off
Misc	Toothpaste	Toothpaste	15			small sample tube mostly used
Misc	Medication	Meds	85			
Misc	Alcohol Cleaner	Alcohol Hand Sanitiser/Emergency fire starter	65			burns well
Misc	Sunglasses	Generic 100% UV blocking	50			
Misc	Towel	Packtowel - 1/2 small	65			
Misc	Camera	Digicam Canon A590IS	205			
Misc	Batteries	2 AA and 2AAA eneloops	105			spares for camera/GPS/HL
Misc	Candle	2x 12hr tealights	25			firestarters/light in hut
Misc	Water Purification	Water Purification tabs	0			no need to purify water normally
Misc	Toilet Paper	Toilet Paper	30			use rangiora leaves where possible
<b>Main Subtotals</b>			<b>3800</b>	<b>0</b>	<b>0</b>	<b>3800</b>
<b>Clothing Subtotals</b>			<b>1745</b>	<b>1950</b>	<b>0</b>	<b>3695</b>
<b>Cooking Subtotals</b>			<b>610</b>	<b>0</b>	<b>3335</b>	<b>3945</b>
<b>Misc Subtotals</b>			<b>1400</b>	<b>0</b>	<b>0</b>	<b>1400</b>
<b>Totals (g)</b>		<b>Grand Total (g)</b>	<b>7555</b>	<b>1950</b>	<b>3335</b>	<b>10890</b>
<b>Totals (%)</b>			<b>58.84%</b>	<b>15.19%</b>	<b>25.97%</b>	<b>84.81%</b>

28.31

16.66

4.30

7.35

24.01

Route	Food	Quantity g/day	kJ/100g kJ/100g	Total kJ kJ
<b>Day 1</b>				
From:	<b>Breakfast</b>	<b>2</b>	<b>meals</b>	
To:	Seasameal Crackers	85	1950	1657.5
Time/Dist:	Margarine	25	2800	700
<b>Day 2</b>	Whole Milk Powder	50	1846	923
From:	Milo	20	1500	300
To:	<b>Day Total</b>	<b>180</b>	<b>1989.167</b>	<b>3580.5</b>
Time/Dist:	<b>Total</b>	<b>360</b>		<b>7161</b>
<b>Day 3</b>				
From:	<b>Lunch</b>	<b>2</b>	<b>meals</b>	
To:	Seasameal Crackers	85	1950	1657.5
Time/Dist:	Margarine	25	2800	700
<b>Day 4</b>	Salami	50	1625	812.5
From:	Cheese	0	1240	0
To:	<b>Day Total</b>	<b>160</b>	<b>1981.25</b>	<b>3170</b>
Time/Dist:	<b>Total</b>	<b>320</b>		<b>6340</b>
<b>Day 5</b>				
From:	<b>Dinner</b>	<b>1</b>	<b>meals</b>	
To:	Powerade	0	1200	0
Time/Dist:	Soup	15	875	131.25
<b>Day 6</b>	Dry Starch (Rice, noodles, pasta,	85	1500	1275
From:	Dehy Veges	0		0
To:	Salami	50	1625	812.5
Time/Dist:	Cheese	0	1240	0
<b>Day 7</b>	Tomato Paste	0		0
From:	Herbs	0	0	0
To:	Sauce Packet/Stock cubes	20	220	44
Time/Dist:	Chocolate biscuits	65	2200	1430
<b>Due Out:</b>	<b>Day Total</b>	<b>235</b>	<b>1571.383</b>	<b>3692.75</b>
	<b>Total</b>	<b>235</b>		<b>3692.75</b>
<b>Map:</b>				
<b>Map:</b>	<b>Snacks</b>	<b>2</b>	<b>meals</b>	
<b>Contact</b>	Scroggin total	205		
	Chocolate	60	2240	1344
	Seasmeals	85	1950	1657.5
	Dried fruit	0	1500	0
	Nuts	60	2440	1464
	Tea	5	0	0
	<b>Day Total</b>	<b>210</b>	<b>2126.429</b>	<b>4465.5</b>
	<b>Total</b>	<b>420</b>		<b>8931</b>
	<b>Overall Day Total</b>	<b>785</b>		<b>14908.75</b>
	<b>Overall Food Total (g)</b>	<b>1335</b>		
	<b>Average kJ/100g</b>	<b>1899.20</b>		
	<b>Aims:</b>			
	Total Food Weight/Day = 800g			
	Total kJ/day = 14600kJ (3500Cal)			