

		Number Required	Lightest individual weight	What you carry lightest
Rucksack 65lt	Berghaus Freeflow 3 35+8L 1.3kg £60 Karrimor Ether 50 1.5kg Vaude Triset 60+8 1.95kg Aether 70 2.07kg £130 Macpac Ascent Classic 65+15lt 2.1Kg £130	1	1.3	1.3
Sleeping Bag 3 season -5 comfort	Moutain Hardwear Lamina 20 reg -7 1.3kg £90 Moutain Hardwear Lamina 20 Wmns reg -7 1.3kg £90 Snuggpak Softie, Autumn -5, 1.4kg £75 Wynnster Superlite 1500 Sleeping Bag 1.5kg £45 Blue Mountain Solar 300 -6 1.7kg £50	1	1.3	1.3
Tent Semi Geodesic	Vaude Mark II Light 2.8kg £240	0.33	2.8	0.924
Torch	ok for camp Petzl Zipka Plus 0.065kg £30 Good night nav. Petzl Tika XP 0.100kg £35 Awsome night nav. Petzl Myo XP 0.175kg £45 Standard torch 0.4kg £5	1	0.1	0.1
Sleeping mat	Thermarest Prolite 3 – Short 0.37kg £65 185x55x1cm roll Mat 0.3kg £12	1	0.3	0.3
Boots	Brasher Womens Supalite GTX 1kg £103 Standard walking boots 1.8kg	1	1	1
Gaiters	Any old full length gaiters are fine 0.2kg	1	0.2	0.2
Coat Taped seams, fixed hood	Berghaus Paclite Jacket 0.340kg £120 Standered extrem weather coat £1kg £80	1	0.34	0.34
Waterproof trousers	Berghaus Paclite Pant 0.150kg £100 Berghaus Deluge Over Trousers 0.348kg £40	1	0.15	0.15
Cooker	MSR Pocket Rocket Stove 0.086kg £26	0.33	0.086	0.02838
Pans	MSR Pocket Rocket - Titan Kettle Kit 0.1kg £50	0.33	0.1	0.033
Cooker Fuel		0.33	0.4	0.132
Cutlery	Standard kitchen spoon	1	0.05	0.05
Mug	Something simple & light	1	0.05	0.05
Food	Reiter freeze dried food 0.125kg £3.5 Custard powder & dried fruit 0.090kg Wayfair Meal 0.324kg £3.50	3	0.125	0.375
Trousers		2	0.2	0.4
Base Layer	Helly Hansen Lifa Sport Stripe £22	2	0.05	0.1
Shirt	Sprayway Womens Castaway Shirt £6	2	0.2	0.4
Fleece	Plain old fleece is just fine 0.4kg	2	0.3	0.6
Underwear		2	0.2	0.4
Socks	Smartwool are recommended	2	0.2	0.4
Gloves		1	0.2	0.2
Hat		2	0.2	0.4

Platypus system 1lt	Does not need to be this make. One with a tap & a mouth piece are good Don't get ones with insulation, if it's that cold it will freeze what ever.	1	0.2	0.2
1lt water bottle		1	0.1	0.1
Rucksack liner	Ruble bag or Rucksack liner dry bag.	1	0.1	0.1
Map	Laminated 1:50,000 or 1:25,000 OS map can be cut down to reduce weight Map cases are a bad idea, they are heavy, they fail where you fold them & the map gets wet when you have to move the section you are walking on.	1	0.1	0.1
First Aid Kit		1	0.3	0.3
			Total Difference	10.0

RED	key weight purchase
Orange	weight can have some baring
Blue	little weight gain
white	don't worry about weight

Standard individual weight	what you carry standard	Notes
2.5	2.5	It must fit, really well. A lot of rucksacks won't fit around the waist of children. 75% of the weight needs to be carried on the waist, so it must fit well.
2	2	Get the right one, -5 comfort, 3 season & light
5	1.65	The school supplies one of the lightest tents on the market
0.4	0.4	It's not the weight difference but the battery life which is really telling, 3+ LED's & you get a battery with a 100+ hrs burn time
0.3	0.3	This is easy get the cheapest, sleeping mat roll & you have it sorted.
1.8	1.8	little weight difference, just make sure they fit wonderfully & you buy them very early on in the training
0.2	0.2	
1	1	Make sure you get a good extreme weather walking jacket, spend your money here
0.348	0.348	Make sure you can get them on & off easily over your boots. 3/4 length zip essential
1.2	0.396	School supplies one of the lightest
0.5	0.165	School supplies one of the lightest
0.4	0.132	
0.1	0.1	
0.265	0.265	
0.324	0.972	The energy hit in terms of complex carbohydrates is important, as is how palatable it is to the walker
0.25	0.5	Any walking trousers are fine
0.1	0.2	get a decent wicking base layer short sleeved
0.3	0.6	Collared shirts are good in the sun
0.5	1	Don't waste money on windproof Cheap Tesco Fleece is just fine
0.2	0.4	Supporting, close fitting, sports design. Bra strap design, will they rub?
0.2	0.4	Get a good quality hiking sock
0.2	0.2	Ensure you can get them on with wet hands & The lining does not come out, when you take them off.
0.2	0.4	Plane old fleece is great & cheap

0.4	0.4	Essential The basic one is fine, cheaper & lighter
0.2	0.2	highly recommended
0.1	0.1	
0.4	0.4	1:50,000 great for open moor 1:25,000 great for areas with filed boundaries & practising micro nav. All of Ten Tos is on open moor land
0.3	0.3	

17.3
+ 7.3