

## **V10 EXPEDITION PACK**

### **YOUR HUMP**

- 75 litre pack
- Water storage (hydration bladder or sturdy bottles)

### **YOUR HOUSE**

- Tent & Fly
- Sleeping Mat
- Sleeping Bag
- Lighting (headlamp or torch.....spare batteries/globe too)

### **YOUR NUTRITION**

- Billy & Billy the Kid for cooking (supplied)
- Waterproof matches
- Multiple packet or tinned meals
- Multiple snacks
- Lightweight cutlery & crockery
- Scourer
- Biodegradable dish washing liquid

### **YOUR SHELL**

- Rainproof outer garment
- Quick dry walking clothes
- Undies and knickers
- Socks
- Beanie
- Tights for night time
- Sun hat and sunglasses

### **YOUR SHOES**

- Comfortable test-driven shoes
- Camp shoes or thongs
- Spare laces

### **YOUR HEALTH**

- Water purification tablets
- Anti-malarial tablets
- Toiletries and toilet paper
- First aid kit
- Sunscreen
- Repellent....shark and insect

### **YOUR TOYS**

- Camera (film and/or batteries)
- Cards
- Frisbee or tennis ball
- Snorkeling gear
- Book
- Bathers and towel and goggles

## YOUR TRAVEL

- Passport
- Tickets
- Insurance

## OPTIONAL

- Map
- Compass
- Leatherman tool
- Family photos
- Walking poles
- Pen and paper
- Diary
- Small gifts

## PACK NOTES

- Adjust pack straps pre-departure to a comfortable fit
- Sleeping bag to lay horizontally across your lower lumbar
- Heavy items distributed mid-pack between your shoulder blades
- Quick or frequent access items near the top
- Line your pack with a heavy duty green garbage bag to keep things dry
- Pack light....you always need less clothes than you think!

