

Kategorie	Gegenstand	Gewicht in g	Beschreibung			
Sleeping System	Six Moon Designs Gatewood Cape	345	Poncho Tarp			
1700g	Katabatic Gear Sawatch Quilt	650	Daunenquilt			
	TAR Neo Air Regular	344	Unterlagsmatte			
	MLD Superlight Bivy	200	Biwaksack			
	Silk Liner	61	Seideninlett			
	6 V Stakes + cuben stuffsack	100	Heringe			
Backpack	ULA CDT	540	Rucksack			
579g	Trashbag liner	34	Wasserdichter Beutel ca 50l			
	Suunto Mini Clipper Compass	5	Minicompass			
Electronics	Petzl Tikka Headlamp incl. 3 lithium Batteries	75	Stirnlampe			
853g	Iphone 5 + Headphones	130	Handy			
	Panasonic LX-15 inc. 2x Akku + 64GB SD	337	Kamera			
	Powerbank 10000mAh	231	Powerbank			
	cables and plugs	80	div. Kabel + Stecker			
Extra Clothing	Wrightsocks	36	Wechselsocken			
988g	Falkesocks	68	Schlafsocken			
	Smartwool Long Merino Pants	150	Lange Unterhose			
	As Tucas Raingloves	36	+ Schlafsocken falls kalt			
	Fleece Hat	29	Haube			
	Patagonia Nano Puff Pullover	280	Syntetic Inulation/extra warmth			
	Hagloefs OZO Jacket	214	Regen/Wind Jacke			
	Montane Rainpants	160	Regenhose			
	MLD Headnet	15	Used as clothbag			
Hygiene + First Aid	Toothbrush	15	childs size			
73g	Imodium + Antiallergic+Ibu+Aspirin	15	Meds			
	Band aids & Woundpad	12				
	Micro Towel (20x20cm)	14	cleaning feet/body			
	Deuce of Spades Shovel	17				
Repair	Needle + Dental Floss	1				
16g	Silnet	5	Repair glue			
	Duct Tape (2m)		around trekking pole			
	TAR Neo Air Repair Kit	10				
Kitchen	MCD Spoon	4	plastic spoon			
150g	Katadyn BeFree 600ml Softflask Filter	59	Waterfilter / desert only			
	2L Platypus	36				
	1,5L PET Bottle	30				
	Victorinox Mini/ knife+scissors+tweezers	21	pocketknife			
Office						
69g	Cash Cards / Driving Licence / ID	39				
	Wallet ZipLoc	11				
	Pen + Diary	19				
Clothing/Gear worn	Running Shorts					
(not in bw)	Running Shirt					
	Montane Merino Longsleeve					
	OR Sunrunner Cap		sunprotection			
	Sunglasses					
	Wrightsocks		coolmeshll quarter			
	Trailrunning Shoes		Brooks Caldera US 12			
	Black Diamond Carbon Zpoles (adjustable)		just one			
	Casio watch		date/time/alarm			

