

What Mr Clark took on Gold DOE trip to Travers-Sabine in April 2015

(snow forecast to low levels on Travers Saddle)

Total Weight carried = 18kg

6 days and 5 nights in hills

Clothing list includes clothing worn

A note to interested readers:

This is the first time in over 40yrs going into the mountains that I actually weighed my pack. Previously I have not bothered because what I need I pack and what it weighs is what it weighs and I cant do anything about it so would rather not know !

Recently however boys have been asking me 'what does your pack weigh sir?' mainly because they are wondering why my pack is smaller and maybe lighter than theirs.

Firstly I do have some gear which is probably lighter and more compact then yours and no we don't expect you to go out and buy the flashiest, lightest gear ... BUT if you do weigh your pack for a 5 night trip such as this and find it significantly more than 20kg you should compare the amount/type of clothing against my list above and the type of food you have against the list also. If you still cant see where to make weight savings then seek advice from an experienced outdoors person.

Gear carried

Tramping Boots

1pr Bridgedale Summit socks (+1pr spare of same)

1pr Dryline neoprene gravel guards

1pr Macpac snow gaiters

Macpac Tekapo 35L pack with 7L clip-on Module for extra capacity

Glad 'swag' rubbish bag – used as pack liner (tough but lite)

Macpac Microlite one-person tent

Exped inflatable mattress

Macpac Neve sleeping bag (450g fill, 90/10 goosedown, 800+loft)

Cheap plastic tarp for cooking shelter (2.4m x 3.0m)

15m nylon cord to rig above tarp

1L Platypus Hoser drinking bladder

Map and Compass

EPIRB (locator beacon)

Satellite Phone

Small personal first aid kit

Small microfibre towel (50cmx50cm)

Toothbrush and toothpaste

Whistle

Waterproof digital camera

Lightweight trekking pole – 3 section collapsible

MSR Pocket Rocket stove and 2 gas lighters

2 x 230g gas cylinders

1 x 6L aluminium billy

1 x 2L aluminium billy

Plastic cup

Plastic bowl

Plastic spoon (spork)

Small pocket knife

Sunscreen – small

Lipscreen/Chapstick

Gold coffee filter

Long johns – synthetic (polypro or similar)

Macpac Polarfleece 100 trousers

Nylon overtrousers – breathable, seam sealed, short zips to knees

Waterproof, breathable parka with hood

Down jacket – lightweight

Fleece bushshirt -midweight

Long sleeved polypro base-layer x 2

Short sleeved lightweight icebreaker top

Short sleeved running top – drymax – not thermal – sun protection only

1pr thermal briefs

1pr thermal boxers

1pr Skins A400 shorts

1pr nylon tramping shorts

Buff neck gaiter – sun protection

Fleece beanie – Ground Effect

Baseball type hat – mesh – Stoney Creek

Windstopper fleece gloves – Ground Effect

Half roll toilet paper

Half pkt toilet wipes

Insect Repellent stick – Repel 30g size

LED Lenser headlamp and 3 AAA spare batteries

Food Carried

Note – a boy your age can easily do 15 000 Kj of food a day – probably more!

Breakfasts (5)

5 x 100g museli
5 x 100g dried apricots + 50g sugar
Ground filter coffee and Tea Bags (5 days worth)

Lunches (5)

4 x sachets Continental Cup a Soup
3 x 40g sliced salami
3 x 110g flavoured tuna sachets
1 x Camembert cheese 125g
¾ loaf Burgen toast bread
2 x 6 packs Vitawheat Lunch Slices 220g

Snacks

5 x 60g Deluxe mix nuts/cranberries
100g Lindt chocolate
8 x One Square Meal bite size cranberry

Dinners (5)

Try to get about 3000Kj to 4000Kj for your dinner – more if you can!

Note – these are meals for **one person**

- 1 heavy first night meal!
 - homemade spag bol meat sauce
 - 150g dried wholemeal pasta
 - grated parmesan cheese
 - 100g brocolli
- 2 1 x boil in bag rice
 - 2 x 110g tuna sachets
 - ½ pkt Kangtong sauce
- 3 1 x pkt Udon noodles
 - 2 x 110g tuna sachets
 - ½ pkt Kangtong sauce (remainder from last night)
- 4 Backcountry freezedried meal – 2 serve size (Mexican Chicken)
- 5 Backcountry freezedried meal – 2 serve size (Moroccan Lamb)

Back up food

1 x boil in bag rice