



# Tim's Multiday Gear Checklist

The following gear checklist is a list of what I currently carry on solo, multiday hiking trips ranging from two or more nights up to and including my five week long, 1000km Bibbulmun Track adventure. Equipment is chosen mainly on the following criteria:

- Choosing the lightest most compact gear where possible
- Choosing equipment that is comfortable
- Choosing equipment that meets my needs

Each trip is unique, and I will 'swap out' certain pieces of equipment depending on the expected conditions. Use this list as a guide to build your own multiday kit but make sure that what you choose suits you.

Pack System		Layering system		Toiletries	
<input type="checkbox"/>	Backpack- Sea to Summit Exos 48 X 1	<input type="checkbox"/>	Ex Officio 6" Boxer briefs X 2	<input type="checkbox"/>	Toothbrush
<input type="checkbox"/>	Sea to Summit UltraSil Pack Cover Medium 50-70LT X 1	<input type="checkbox"/>	Prana Zion Convertible Pants X 1	<input type="checkbox"/>	Lush toothy Tabs 2/day
<input type="checkbox"/>	Sea to Summit 90l pack liner X 1	<input type="checkbox"/>	Icebreaker Anatomic Leggings X 1	<input type="checkbox"/>	Dental Floss
<input type="checkbox"/>	Sea to Summit 13Litre dry bag X 1	<input type="checkbox"/>	Wilderness Wear Cumulo Merino Long sleeve top X 1	<input type="checkbox"/>	Escape Microfiber Towel X 1
		<input type="checkbox"/>	Wilderness Wear Merino Fusion Long sleeve top X 1	<input type="checkbox"/>	GSI Cathole Trowel X 1
	<b>Shelter</b>	<input type="checkbox"/>	North Face Thermoball Hoodie Jacket X 1	<input type="checkbox"/>	Hand Sanitiser X 60ml
<input type="checkbox"/>	Nemo Hornet 2pTent X 1	<input type="checkbox"/>	Marmot PreCip Jacket X 1	<input type="checkbox"/>	Toilet Paper
<input type="checkbox"/>	MSR Carbon Core Stakes X 4	<input type="checkbox"/>	Rainbird Rain Pants X 1	<input type="checkbox"/>	Nail Clippers X 1
		<input type="checkbox"/>	Buff Original	<input type="checkbox"/>	Exped Zip Pack Small X 1
	<b>Hydration System</b>	<input type="checkbox"/>	Outdoor Research Radar Sunrunner cap x 1		<b>First Aid</b>
<input type="checkbox"/>	Osprey Hydraulics 3L Bladder X 1	<input type="checkbox"/>	Icebreaker Unisex Quantum Gloves X 1	<input type="checkbox"/>	Tweezers X 1
<input type="checkbox"/>	Katadyn BeFree Filter x 1	<input type="checkbox"/>	Exped Zip Pack Large X 1	<input type="checkbox"/>	Splinter Pick X 1
	<b>Sleep System</b>	<input type="checkbox"/>		<input type="checkbox"/>	Compression bandage x 2
<input type="checkbox"/>	Sea to Summit Micro 2 sleeping bag x 1		<b>Safety</b>	<input type="checkbox"/>	Triangular Bandage X 1
<input type="checkbox"/>	Sea to Summit Silk Liner 1		Garmin InReach Explorer SE X 1	<input type="checkbox"/>	Safety Pins x 5
<input type="checkbox"/>	Pillow- Clothing Pack	<input type="checkbox"/>	Suunto A-30 Compass X 1	<input type="checkbox"/>	Neurofen X 6
<input type="checkbox"/>	Thermarest NeoAir Xlite (L) X 1	<input type="checkbox"/>		<input type="checkbox"/>	'Go' – Laxatives X 6
			<b>Misc. Equipment</b>	<input type="checkbox"/>	'Stop' X 6
	<b>Camp Kitchen</b>		Mako Blade Sunglasses X 1	<input type="checkbox"/>	Fixomull 5cm X 10M
<input type="checkbox"/>	Jetboil Flash Stove	<input type="checkbox"/>	Black Diamond Distance Carbon Z Trekking Poles 130cm X 1 pair	<input type="checkbox"/>	38mm strapping tape 13m
<input type="checkbox"/>	Jetboil 100g gas cannister X 1 per 12 days	<input type="checkbox"/>	Reading Glasses X 1	<input type="checkbox"/>	25mm strapping tape X 5m
<input type="checkbox"/>	Sea to Summit Alpha Light Spoon X 1	<input type="checkbox"/>	Black Diamond Revolt Headlamp X1	<input type="checkbox"/>	Band aids – Misc. X 15
<input type="checkbox"/>	Sea to Summit X-Mug X 1	<input type="checkbox"/>	Charging cables X 2	<input type="checkbox"/>	Crepe bandage X 1
<input type="checkbox"/>	Sea to Summit 6L Stuff Sack X 1	<input type="checkbox"/>	Cygnett Dual USB Wall Charger X 1	<input type="checkbox"/>	Exped Zip Pack S X 1
<input type="checkbox"/>	Deejo Tattoo Naked Topography Knife X 1	<input type="checkbox"/>	Cygnett 10,000mAh USB-C Power Bank X 1	<input type="checkbox"/>	Washing Kit Teatree Oil X 15ml
<input type="checkbox"/>	Bic disposable lighter x 1	<input type="checkbox"/>	Scrubba Weightless Wallet X 1	<input type="checkbox"/>	Washing Kit Chux X 1
<input type="checkbox"/>	500g Peanut Butter Jar (empty) X 1	<input type="checkbox"/>	Exped Zip Pack XS X 1		<b>Swap outs</b>
		<input type="checkbox"/>	Olympus Darn Tough Camera X 1	<input type="checkbox"/>	MSR Blizzard Sans Pegs X 2
	<b>Footwear</b>	<input type="checkbox"/>	SD Memory Cards X 4	<input type="checkbox"/>	Buff Merino Wool X 1
<input type="checkbox"/>	Merrell Moab FST Shoes X 1	<input type="checkbox"/>	iPhone 8 X 1	<input type="checkbox"/>	Sea to Summit Head Net X 1
<input type="checkbox"/>	Darn Tough Light Micro Crew Socks X 3	<input type="checkbox"/>	Mohpie battery case for iPhone x 1	<input type="checkbox"/>	Lip Balm X 1
<input type="checkbox"/>	Altra Trail Gaiters X 1 pair	<input type="checkbox"/>	Foldback Clip (19mm) X 1)	<input type="checkbox"/>	Sea to Summit Quagmire Gaiters X 1
<input type="checkbox"/>	Superfeet Blue inserts (350km/pair)	<input type="checkbox"/>		<input type="checkbox"/>	Sunday Afternoons Ultra Adventure Hat X 1
				<input type="checkbox"/>	Scrubba Airlsleeve
				<input type="checkbox"/>	Osprey Ultralight Stuff Pack X 1