



Gill's Multi-day Gear Checklist

The following gear checklist is a list of what I currently carry on multiday hiking trips ranging from two or more nights up to and three weeks long. My equipment choices are guided by the following criteria:

- Lightweight and compact gear where possible
- Comfort as well as style
- Understanding my needs and preferences

This updated list has only a few new items from the last. For me this reinforces if you understand your needs and choose quality items, they will last you many years. Each trip is unique so I '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 you choose what works for you.

Pack System		Layering system		Toiletries	
<input type="checkbox"/>	Osprey Eja 48 Backpack x 1	<input type="checkbox"/>	Icebreaker Sprite Racerback Bra and Hot Pants x 2 pairs	<input type="checkbox"/>	Toothbrush x 1
<input type="checkbox"/>	Sea to Summit UltraSil Pack Cover Medium 50-70L x 1	<input type="checkbox"/>	Kuhl Freeflex Roll-Up Women's Pants x 1 pair	<input type="checkbox"/>	Lush Toothy Tabs x 2 per day
<input type="checkbox"/>	Sea to Summit 70L Pack Liner x 1	<input type="checkbox"/>	Arcade Belt X 1	<input type="checkbox"/>	Dental Floss
<input type="checkbox"/>	Sea to Summit 13L Dry Bag x 1	<input type="checkbox"/>	Wilderness Wear COOL MERINO Tencel Singlet x 1	<input type="checkbox"/>	GSI Cathole Trowel x 1
Shelter		<input type="checkbox"/>	Wilderness Wear COOL MERINO Tencel Tee x 1	<input type="checkbox"/>	Toilet paper (10 sheets per day)
<input type="checkbox"/>	MSR FreeLight 2 Ultralight Tent x 1	<input type="checkbox"/>	Wilderness Wear PolyPro+190 Long Sleeve Crew x 1	<input type="checkbox"/>	Hand sanitiser 50ml x 1
<input type="checkbox"/>	MSR Groundhog Tent Stakes x 6	<input type="checkbox"/>	Wilderness Wea Merion Mid 195 Woman's Leggings X 1	<input type="checkbox"/>	Sea to Summit Airlite Towel Medium X 1
<input type="checkbox"/>		<input type="checkbox"/>	The North Face Thermoball Women's Full Zip Jacket x 1	<input type="checkbox"/>	Nail clippers x 1
Hydration System		<input type="checkbox"/>	Marmot PreCip Jacket x 1	<input type="checkbox"/>	Lip Balm x 1 plus face moisturiser
<input type="checkbox"/>	Osprey Hydraulics 3L Bladder x 1	<input type="checkbox"/>	Rainbird Waterproof Pants X 1	<input type="checkbox"/>	Tissues Travel Pack x 2
<input type="checkbox"/>	Katadyn BeFree Filter x 1	<input type="checkbox"/>	Buff Original x 1	<input type="checkbox"/>	Washing Kit Tea Tree Oil 15ml x 1 plus Chux Small Piece x 1
<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear Neck Gaiter x 1	<input type="checkbox"/>	
Sleep System		<input type="checkbox"/>	Sunday Afternoons Ultra-Adventure Hat x 1	First Aid (shared items)	
<input type="checkbox"/>	Sea to Summit Flame FMIV Women's Sleeping Bag x 1	<input type="checkbox"/>	Sea to Summit 13L Dry Bag x 1	<input type="checkbox"/>	Sea to Summit First Aid Dry Sack 3 Litre X 1
<input type="checkbox"/>	Sea to Summit Silk Liner x 1	<input type="checkbox"/>	Wilderness Wear Gloves x 1 pair	<input type="checkbox"/>	Tweezers x 1
<input type="checkbox"/>	Pillow – spare clothing inside a soft top	Safety (shared items)		<input type="checkbox"/>	Splinter Pick
<input type="checkbox"/>	Therm-a-rest NeoAir XLite Women's x 1	<input type="checkbox"/>	Garmin GPSMAP 66i Handheld Hiking GPS & Satellite x 1	<input type="checkbox"/>	Crepe Bandage x 1
<input type="checkbox"/>		<input type="checkbox"/>	Suunto A-30 Compass x 1	<input type="checkbox"/>	Compression Bandage x 2
Camp Kitchen		Miscellaneous Equipment		<input type="checkbox"/>	Triangular Bandage X 1
<input type="checkbox"/>	Jetboil MiniMo Stove x 1	<input type="checkbox"/>	Liive The Edge Sunglasses x 1 pair	<input type="checkbox"/>	Safety Pins x 5
<input type="checkbox"/>	Jetboil 100g Gas Cannister x 1 per 6 days	<input type="checkbox"/>	Black Diamond Ultra Mountain FL Trekking Poles 130 cm x 1 pair	<input type="checkbox"/>	Nurofen x 6
<input type="checkbox"/>	Sea to Summit Alpha Light Spoon x 1	<input type="checkbox"/>	Petzel Actik Core Headlamp x 1	<input type="checkbox"/>	'Go' – Laxatives x 6
<input type="checkbox"/>	Sea to Summit X-Mug x 1	<input type="checkbox"/>	SOOLALA Glasses x 1 pair	<input type="checkbox"/>	'Stop' x 6
<input type="checkbox"/>	Osprey 6 Litre Stuff Sack x 1	<input type="checkbox"/>	Charging cables x 2	<input type="checkbox"/>	Band-Aids – assorted x 15
<input type="checkbox"/>	Deejo Tattoo Naked Topography Knife x 1	<input type="checkbox"/>	Cygnett Dual USB Wall Charger x 1		
<input type="checkbox"/>	Light My Fire FireSteel 2.0 Scout x 1	<input type="checkbox"/>	Cygnett ChargeUp Boost 2nd Generation 10,000 mAh Power Bank X 1	Swap Outs	
<input type="checkbox"/>	500g Peanut Butter Jar (empty) x 1	<input type="checkbox"/>	Sea to Summit See Pouch S x 1	<input type="checkbox"/>	Sea to Summit Head Net x 1
Footwear		<input type="checkbox"/>	iPhone 14 Pro x 1	<input type="checkbox"/>	Sea to Summit Gaiters x 1
<input type="checkbox"/>	Altra Lone Peak 7 Women's Trail Running Shoe x 1 pair	<input type="checkbox"/>	Foldback Clip (19mm) x 1	<input type="checkbox"/>	Osprey Ultralight Stuff Pack x 1
<input type="checkbox"/>	Injinji Trail 2.0 Women's Mid Mini Crew Toesocks x 3 pairs	<input type="checkbox"/>	Sea to Summit Lightweight Dry Bag 1.5 litres X 1	<input type="checkbox"/>	Therm-a-rest Z Lite Sol Sleep Mat x 1
<input type="checkbox"/>	Dirty Girl Gaiters x 1 pair	<input type="checkbox"/>		<input type="checkbox"/>	