

Macpac contents List for Aug 2014			Toiletries	
Macpac Back pack Race 40 litre	1224		Cosmetics case Ultra sil + 2 zip bags	30
Ultra sil day pac for shoes, jumper and night use	68		Hair gel	25
1 x Medium(10L) Red Ultra sil Macpac clothes bag	38		Toothpaste	31
1 xPaper Red Shoulder bag (maybe not???)	41		Toothbrush	8
North Face Long Pants (214g) maybe NOT ???	214		Shampoo tube	40
Skechers (Nike Shoes - are 450g)	300		Soap E Provence small soap	25
Paddy Pallin Jumper	215		Band-aids/cotton buds	13
Handkerchiefs x1	6		Voltaren tablets + Nurofen	24
Undies 2pr - 1pr bonds (35) + 1pr holeproof (20)	56		Foot Cream	11
Socks 1pr Bonds	42		Diprosone Cream	8
Camplin long thermal (56) Or red icebreaker (105)	0		Zovirax	3
White Portfolio shirt for night time	156		Perfumed Cream Chanel	22
Long Black tights Skins (146) or 2XU (142)	146		Perfumed cream aromatics elixer	22
Black 3/4 Scoop neck shirt	87		Blistex Lip Cream 1 full	20
PJ Top - Old Navy (65) or New Balance (77)	77		Tweezers/Scissor/nail file	32
PJ Bottoms - Red Mitch Dowd Boxer	65		Razor x1	10
Aldi or Macpac Wind Jacket 84gms	84		Sewing kit	9
Rain pants North Face	202		Cotton towel DRY (Yellow Chamois)	25
Halgoffs Red rain jacket	242		Blue wipe WET	16
Sea to Summit Grey Poncho with pouch and ties	290		Torch Tank Mini	32
Silk Sleeping Liner/use scarf as pillow case	100		TOTAL TOILETRIES	406
Red Neck Scrunchie a la Graham	29		Food	
Red/Black Silk Scarf - to use as pillow case too	37		Water 2 bottles (1x240ml +1x100ml)	340
Gloves, 2pr Tough Bags (82),Fleece (68) + ziploc	162		Tomatoes/Ham/lettuce/cheese	100
Beanie (Ice breaker beanie is 26g aldi 46)	26		Zip Lock Bags x 3	20
SUB TOTAL CLOTHES + MacPack	3907		Nuts	50
Toiletries/face washer/micro fibre towel	406		Coffee Jar with Coffee	50
Food and containers etc	900		Tea Coffee Sugar in zip bags	240
Eating Stuff - Plate, cup, pocket knife etc	413		Pens Plus Highlighter	18
Kit bag - Money/Passport/Phone etc	337		Vitamins Multi B, Mg	82
Maps	782		TOTAL FOOD	900
Computer Gear	1305		Eating Utensils	
TOTAL including ALL maps and Books	8050		Food Bag - Mooloolaba Blue Tri Bag	35
TOTAL AROUND MONTE ROSA	7550		Plastic Plate (45g) x 2 in Ikea plastic bag (12g)	102
TOTAL ZERMATT TO GENEVA	7824		Knife/fork/plastic spoon, x 2 + salt and pepper	200
			Cup (wide bottom to hold drink bottle)	41
WEARING ON DAY			blue Sitting mat	25
Black Back Wrap around	95		sml Toilet paper roll	10
Black Ice breaker shirt	105		TOTAL EATING UTENSILS	413
Undies 1 pr Bonds	35		Kit bag	
Socks 1 pr Wool Khatmandu	63		Red silk (20g) or another ziplock bag	20
Handkerchief/wrist towel	6		Qantas Freebie as purse	6
3/4 Black tights Arcteryx or Skins = 125g	156		Money/visa	110
North Face Trail Shoes (606) or Salomon (745)	745		Passport	37
			Clothes Line (10gm per metre)	ian
Body for you Black Cap	56		Glasses Zip Case plus black carry pouch	42
Exofficio Light cream long shirt	188		3pr glasses (Diesel, RipCurl, Prego)	122
Walking Poles + tips	469		TOTAL KIT BAG	337
Watch Casio /Coghlagns Thermometer	36		Miscellaneous/Mapsand Itineraries	
TOTAL	1954		Red Macpac Sml UltraSil Bag	28
			Itinerary and flight info in plastic sheet	28
TOTAL CARRYING + WEARING	10004		Monte Rosa Maps and Books (428)	226
			Zermatt to Geneva Maps and Books (610)	500
SUB TOTAL MAPS AND BOOKS			TOTAL MISCELANEOUS MAPS ETC	782
Cicerone Tour de Monte Rosa (252)torn pages	115		Computer gear	
Map Monte Rosa 5028T (89g) 6 x A3	58		Green Ultra sil Carry Bag	35
Map Monte Rosa Gressony No 8 (87g) 4 x A3	53		MacBook Air 11inch Laptop	1067
MONTE ROSA MAPS	226		EU Plug Apples Charger	191
Cicerone Chamonix to Zermatt (292 torn pages)	219		Earphones	12
Map St Niklaus to Zinal	12		TOTAL COMPUTER GEAR	1305
Map Zermatt to Chamonix 5027T (3 x A3)	42			
Map Tour de Mont Blanc (52g) 1 X A3	13		Photocopied A3 Maps	233
Map Lac Le Man (116g) 6 X A3	67			
A4 pages GR5 & TMB (1page = 5gm) 150g	147			
Chamonix to Zermatt MAPS	500			