

<b>Macpac List for Euope 2017</b>		<b>Toiletries</b>	
Macpac Back pack Race 40 litre	1240	Bags Sea to Summit (35) or ziploc (8g or 12g)	12
Ultra sil 50l green (83g) or 70l blue (102g) Pack Cover	83	Hair gel (22g)	0
Inner Pack liner Blue (90g) or green (69g)	69	Toothpaste	25
1 x Medium(10L) Red Ultra sil Macpac clothes bag	46	Toothbrush	10
North Face Long Pants (215g) instead of rainpants NO??	215	Shampoo tube	25
Long Black tights Skins (146M or 130S) or 2XU (142)	130	Blistex Lip Cream 3/4 full (20) in side pocket	20
Black Ice breaker black shirt	89	Bandaid/cotton buds	17
Red Icebreaker T shirt (85g) NO??	0	Voltaren tablets + Nurofen	15
White Portfolio shirt (156) or Salvos (135)	135	Foot Cream	10
		Diprosone 1% (10g) or 0.5% cortison tub (10g)	10
PJ Top - Dickies (87), Old Navy (66g), camplin (57)	66	Zovirax + famiclolor tablets	8
PJ Bottoms - Red Mitch Dowd (65) or undies (20)	58	Cover stick Mac cosmetics	7
uni qlo black vest (no collar 100g or with collar 120g )	101	Blue towel wipe	15
Camplin thermal top (57) NO???	0	Tub Chanelle Mademoiselle (POST TO JOHN)	0
Undies 2pr - 1pr triumph (11) + 1pr Bonds (30)	40	Tweezers/Scissor/nail file (no tweezers?)	23
Socks Ice Breaker (50) wear Wool Kathmandu (60)	50	Razor x1 3 blade gillette	12
Skechers (Nike Shoes - are 450g)	307	Sewing kit	12
Light jacket Aldi (red 80 black 89) Mac (84) uniqlo (143)	89	Comb	10
North Face Rain pants (202g ) NO?? Maybe in UK	202	Clothesline	7
Hagloffs Red rain jacket red (242) orange (195)+bag 7g	202	sml Toilet paper roll	32
Sea Summit Poncho (215) - or cheapie (50g)	215	Spare Pen	10
2 pkts Hand Warmers - 20g x 2 - maybe NO	0	<b>TOTAL TOILETRIES</b>	<b>280</b>
Silk Sleeping Liner/use don't need in 2015	0	<b>Food</b>	
Red Neck Scrunchie a la Graham (29) + scarf (41)	29	Water 2 bottles (2 x 600 half full)	600
Gloves merino (42g), xtreme (70 or 144) Tuff bags (80)	70	Tomatoes/Ham/cheese/bread/nuts	200
Beanie (Ice breaker beanie is 24g aldi 46)	24	Zip Lock Bags x 1	8
<b>SUB TOTAL CLOTHES + MacPack</b>	<b>3460</b>	Peanut Paste/tubes of jam/vegemite/chocolate	50
<b>Toiletries</b>	<b>280</b>	Matches (12) NO??	12
<b>Food and coffee/tea/sugar etc</b>	<b>1100</b>	HALF Tea Coffee Sugar in zip bags	230
<b>Eating Utensils - Plate, cup, knife, knife etc</b>	<b>170</b>	POST HALF tea and Coffee TO JOHN	
<b>Kit bag - Money/Passport/Phone etc</b>	<b>240</b>	<b>TOTAL FOOD</b>	<b>1100</b>
<b>Maps</b>	<b>100</b>	<b>Eating Utensils</b>	
<b>Computer Gear</b>	<b>1322</b>	Food Bag - Plastic Bag - maybe Ikea 12g??	12
<b>TOTAL</b>	<b>6672</b>	Plastic Plate (45g) x 2 in Ikea plastic bag (12g)	102
<b>TOTAL after 2 wks (less maps sugar perfumes etc)</b>	<b>6533</b>	Knife/fork/spoonx2 + salt/pepper (184g) - IAN	0
		Cup (wide bottom to hold drink bottle)	41
		blue Sitting mat	15
		<b>TOTAL EATING UTENSILS</b>	<b>170</b>
		<b>Kit bag</b>	
<b>WEARING ON DAY</b>		Red Macpac UltraSil Bag/or Etihad Orange	28
Cheap pocket glasses	23	Qantas Freebie as purse	6
Perfume/cream aromatics elixa in side pocket	33	Money/visa	111
Black Padded Vest (250) Maybe NO ???	0	Pen	8
Back Wrap foam (95) maybe not in UK	95	Passport	37
Red/black holey or orange Ice breaker shirt	102	Glasses Zip Case (47) maybe NOT	0
Undies 1 pr Bonds	35	1pr glasses (RipCurl + soft bag)	50
Socks 1 pr Wool Kathmandu	60	<b>TOTAL KIT BAG</b>	<b>240</b>
Colorado check long sleeve shirt	120	<b>Miscellaneous/Mapsand Itineraries</b>	
Red Aldi Jacket	80	Itinerary and flight info in plastic sheet	40
Handkerchief/wrist towel x 2	16	SWCP Harvey maps	60
3/4 Arcteryx (156) or skins (146) or Colombia longs (246)	143	POST ONE MAP + FLIGHTS TO JOHN	
North Face (606) Salomon (745) Keen (860)	860	<b>TOTAL MISCELANEOUS MAPS ETC</b>	<b>100</b>
Nike Orange Cap	56	<b>Computer gear</b>	
Long shirt Exofficio(188), Just Jeans(180), Colorado(130)	110	Small Orange Etihad Foam Gadget Bag	30
Walking Poles + no tips	460	MacBook 12 inch laptop	920
Watch Casio /Coghlagns Thermometer	36	UK Plug Apple 29W Charger and earphones	200
<b>TOTAL WEARING ON DAY</b>	<b>2229</b>	Iphone 7 (158g) + Nano & connector (14g)	172
		<b>TOTAL COMPUTER GEAR</b>	<b>1322</b>
<b>TOTAL BACKPACK + WEARING</b>	<b>8901</b>		