

Checklist List for UK 2023 SWCP		Toiletries	
Deuter 45+ 10 SL	1680	Bags Sea to Summit (35) or ziploc (8g or 12g)	12
50litre Small red (83g) or 70 litre red (102g) Pack Cover	83	Hair gel (22g)	0
Pack liner Blue (90g), green (69g)	69	Toothpaste	15
1 x Medium(10L) Red Ultra sil Macpac clothes bag	46	Toothbrush	10
North Face Long Pants (215g)	215	Shampoo tube	25
Skins XS long tights (131 g wearing on day)	0	Blistex Lip Cream 3/4 full (20) side pocket	20
Fleece jumper Marks/Spencer Marle or paddy pallin black	215	Band aids/cotton buds	17
Black Ice breaker shirt (89) or orange nike (100g)	89	Voltaren tablets + Nurofen	23
White Portfolio shirt (156) or Cass Adventure (180)	180	Foot Cream x 2 in side pockets	30
PJ Top - Dickies (87) or Karpos Marmotte (75g)	75	Magnesium tablets	0
PJ Bottoms - Red Mitch Dowd (58) or undies (20)	58	Cover stick Mac cosmetics	7
uni qlo red puffer- not? (250g) or black puffer vest (130)	130	Blue towel wipe	15
Target Black Thermal top to sleep in??	93	Perfume Tube aromatics elixer	20
Undies 2pr - 1pr triumph (11) + 1pr Bonds (30)	40	Tweezers/Scissor/nail file (no tweezers?)	23
Socks Ice Breaker (50) + anaconda merino (60)	100	Razor x1 pink 5 blade	12
Skechers (300) or crocs (200g) or socks (60)	300	Sewing kit	12
Aldi jacket (red 80 black 89) Red Mac (84) wear on day	84	Comb	10
Mac Pac Rain Pants	120	Clothesline	7
Haglofs Red rain jacket red (242) orange (195)+bag 7g	202	sml Toilet paper roll	32
StS Poncho (215) - or cheapie (50g)	215	Extra Pen	10
Foam Pillow	80		
Silk Sleeping Liner/use don't need in 2023	0	TOTAL TOILETRIES	300
Red Neck Scrunchie a la Graham (29) + black neck (21)	50	Food	
Gloves merino (42g), xtreme (70 or 144) NO???	0	Water 2 bottles (2 x 600 half full)	300
Beanie (Ice breaker beanie is 24g aldi 46)	24	Tomatoes/Ham/cheese/bread/nuts	150
SUB TOTAL CLOTHES + MacPack	4148	Zip Lock Bags x 1	8
Toiletries	300	Suzie's pee jar of jam	50
Food and coffee/tea/sugar etc	1100	Matches (12) NO??	12
Eating Utensils - Plate, cup, knife, knife etc	285	Tea (100g) Coffee (100g) Sugar (100g)	300
Kit bag - Money/Passport/Phone etc	158	Powdered Milk	280
Maps	150	TOTAL FOOD	1100
Computer Gear	1530	Eating Utensils	
TOTAL	7671	Food Bag - Plastic Bag - maybe Ikea 12g??	12
TOTAL after 2 wks (less sugar tea etc)	7356	Plastic Plate (45g) x 2 in Ikea plastic bag (12g)	102
		Knife/fork/spoon x2 + salt/pepper (20g)	100
		Cup (wide bottom to hold drink bottle)	41
WEARING ON DAY		blue Sitting mat	30
Cheap pocket glasses	23	TOTAL EATING UTENSILS	285
Perfume/cream aromatics elixa in side pocket	33	Kit bag	
Black Padded Vest (250) or fleece vest (170g) ?? NO	170	Ziploc	12
Nort Face shorts	130	Money/visa	49
Orange Nike Dri Fit	105	Pen	10
Undies 1 pr Bonds	35	Passport	37
Socks 1 pr Wool Kathmandu or annaconda	60	1pr glasses (RipCurl + soft bag)	50
Orange Columbia long sleeve shirt	165	TOTAL KIT BAG	158
Red Mac Pac Pertex (see above to carry)	0	Miscellaneous/Mapsand Itineraries	
Handkerchief/wrist towel x 2	16	Itinerary and flight info in plastic sheet	50
3/4 Arcteryx (156) or skins (135) or Colombia longs (246)	135	SWCP maps No3 +(2 x A3)sheets	100
North Face (606) Salomon (745)merrell (850)	850		
Nike Orange Cap	56	TOTAL MISCELANEOUS MAPS ETC	150
Long shirt Exofficio(188), Just Jeans(180), Colorado(130)	0	Computer gear	
Walking Poles + no tips	460	Small Orange Etihad Foam Gadget Bag	30
Watch Casio /Coghlagns Thermometer	36	MacBook AIR	1300
TOTAL WEARING ON DAY	2274	UK Plug Apple 29W Charger + earphones	200
		Iphone 7 (158g) + Nano & connector (14g)	0
TOTAL BACKPACK + WEARING	9945	TOTAL COMPUTER GEAR	1530