

Packlist Gap Year 2012-2013
Leg 01 - Subarctic Scandinavia (Norway-Sweden)

Steve						
Theme	Brand and type	Weight	In pack	Worn	PreTrip Remarks	
Backpack						
Framed (packrafting)	GoLite Quest 80L - 2012 model	1700	1	0	+7 day packrafting / lapland / patagonia	expedition cargo +16kg
Frameless	GoLite Pinnacle 72L - 2010 model	935	0	0	-7day / non-packraft trips / himalaya / high andes	expedition cargo -16kg
Liner	Sea To Summit 60L waterproof liner	190	1	0	a bit heavy but durable	
SUBTOTAL:			1890	0		
Sleeping and Shelter						
Down Bag						
	Valendré Bloody Mary - Medium	1063	1	0	comfort -4°C, tested in -25°C	all round gap year bag (only money for 1 bag :))
	Autumn collar	35	0	0	beef up comfort temperature with 1 to 2 °C	
	Winter collar	100	0	0	beef up comfort temperature to -8 °C	for himalayas and high andes
	Waterproof Compression Bag Sea-to-Summit	141	1	0	straps incl. for tighten up to low volume	down in super waterproof bag within lined backpack
Pad						
	Therm-a-rest Neo Air All Season R4.9	543	0	0	only for winter / / himalaya / high andes	super comfy
	Therm-a-rest SoLite R2.6	397	1	0	summer/autumn	look for soft underground
	Therm-a-rest repair kit	20	0	0		
Bivibag						
	RAB Survival Zone, Waterproof Bivy Bag	355	0	0	for very nasty nights under the tarp	A bit heavy but durable
Tarp (incl. stuff sack)						
	MSR Twing, 2 person Tarp Shelter (incl. stuff sack)	938	0	0	A-frame tarp shelter	Survived Iceland and Greenland
	Ooknest (incl. stuff sack)	806	1	0	Custom made bath tub and bug nest / only for high summer	Craftmanship by Sean from OokWorks
	Cuben fibre door screen for Ooknest	30	1	0	door protection for tarp front	stormy nights
	MLD 9" Easton Aluminum Stake .5oz	75	0	0	Softer soils	
	MLD 6.5" Titanium Skewer Stakes .28oz	52	0	0	Harder soil	
	Stake Storage	10	0	0		
SUBTOTAL:			2437	0		
Packrafting						
Packraft						
	Alpacka Unrigged Explorer (incl. ropes)	2777	1	0	Dyneema Cords added	Floating fjords, lakes, Class I-II rivers
	Blew bag	120	0	0	Without is hard	
	Sea to summit straps	13	3	0	Superlightweight	Strong
	Quechua Pillow	80	1	0	Pillow - seat double functionality	
PFD						
	Baltic Genua 70-90	495	1	0	1 pocket for spare batteries for GoPro and waterproof matches	
	Artistic divers knife	121	1	0	Blow the boat if trapped under a tree	
	Whistle	8	1	0	Help!	
	Trident neoprene socks	111	1	0	For cold water packrafting / anti-trenchfoot	also for river wading
	Artistic Glove Tourflex - 2.5mm neopren	78	1	0	for arctic cold days	
Paddles						
	Advanced Elements 4-Piece Left	648	0	0		
	Advanced Elements 4-piece Right	632	0	0	T-piece added for canoe-style paddling	1 kayak paddle split for 2 persons
Repair						
	Repair kit	27	1	0		
SUBTOTAL:			3736	0		
Clothing						
Shell Jacket						
	RAB Latok Alpine Jacket - eVent	550	1	0	Not the lightest storm shell but bomb proof	Survived Iceland and Greenland
Synthetic Parka						
	Rab Photon Jacket	596	1	0	Tested in baselayer under 0°C	Very warm and comfy, can handle some rain
Down Vest						
	PHD Minimus Vest	248	0	0	Beef-up for Himalayas/ High Andes	
	RAB Cirrus Wind Top	103	0	0	Lightweight windbloc	For milder days when shell jacket is too hot
Base layer						
	Icebreaker GT 200 Pants	175	1	0	Merino leg layer	At camp / cold nights in down bag
	Woolpower Crewneck 200 LS	209	1	0	Mix of merino, polyester and air	At camp / insulation for walking in cooler temps
	Woolpower Tee Lite	178	0	1	Mix of merino, polyester and air	Walking / packrafting baselayer
	Woolpower Briefs Lite	90	1	1	Mix of merino, polyester and air	Walking / packrafting baselayer
Trekking Pants						
	Montane Terra Alpine Pants	409	0	1	New, lightweight stretchy pants	
Running Shorts						
	Nike Air Dri Fit	103	1	0	Short for walking warm and hot days	
Rain Pants						
	Montane Atomic DT Pants (Men)	198	1	0	Almost Full Water Proof	Mostly used on rainy packrafting
Insulation Layer						
	Patagonia Men's R2 Pull-on (2005-model)	349	0	1	Old faithfull insulation	
Liner Gloves						
	DeFeet Dura Merino Wool	55	1	0		
Shell mitts						
	MLD eVENT Rain Mitts	37	1	0	Seams Sealed by Katrijn	
Hat						
	Mountain Equipement (windstopper - 2006 version)	46	0	1	Warm, windbloc hat	
	Buff	68	0	1		
Gaiters						
	Inov-8 Debris 38	53	0	1	dry - dusty conditions	
	Integral Design - eVent Shortie Gaiter	56	1	0	snow-mud conditions	
Waterproof stuff sacks						
	Sea-to-Summit UltraSil	43	1	0	Lightweight waterproof liner	
	MLD Cuben Fiber Dry Bag	30	1	0	New	
Mosquito Head Net						
	Sea to summit	29	0	1	Absolutely necessary in the arctic	
SunGlasses						
	Julbo	89	0	1	Class 3 sun protection	
SUBTOTAL:			2142	1311		
Sanity						
	female stuff	35	0	0		
	floss	12	0	0		
	soap	30	0	0		
	shampoo	30	0	0		
	desinfection	50	0	0		
	towel	45	0	0		
	washhand	12	0	0		
	tooth brush	15	0	0		
	toothpaste	50	0	0		
	comb	9	0	0		
	toilet paper	40	1	0		
SUBTOTAL:			40	0		
First Aid & Meds						
Totaal First Aid						
	elastic bandage					
	safety blanket					
	patches					
	2 pression bandages					
	tape					
	compeed					
	scissors	435	1	0	for 2 persons	
	tweezers					
	wound gauze					
	eye salff					
	ointment insect bites					
	hibidi (3)					
	compressen (10)					
	isobetadine					
Totaal Meds						
	ORS					

Katrijn						
Brand and type	Weight	in pack	Worn	PreTrip Remarks		
GoLite Odyssey 78L - 2009 model	1450	1	0	heavy but functional for +16kg		??
GoLite Pinnacle 64L - 2010 model	877	0	0	for non-packraft trips		not above 15kg
Sea To Summit 60L waterproof liner	190	1	0	durable		heavy
		1640	0			
Valendré Bloody Mary - Small	998	1	0			
Autumn collar	35	0	0			
Winter collar	100	0	0			
Waterproof Compression Bag Sea-to-Summit	141	0	0			
Therm-a-rest Neo Air All Season R4.9	523	0	0	only for winter		super comfy
Therm-a-rest SoLite R2.6	397	1	0	summer/autumn		hard but ok
Therm-a-rest repair kit	60	0	0			
RAB Survival Zone, Waterproof Bivy Bag	355	1	0			
MSR Twing, 2 person Tarp Shelter (incl. stuff sack)	938	1	0			
Oooknest (incl. stuff sack)	806	0	0			
Cuben fibre door screen	23	0	0			
MLD 9" Easton Aluminum Stake .5oz	75	1	0			
MLD 6.5" Titanium Skewer Stakes .28oz	52	1	0			
Stake Storage	10	1	0			
		2825	0			
Alpacka Unrigged Explorer	2777	0				
Blew bag	120	1				
Sea to summit straps	13	3				
Quechua Seats	80	1	0	Pillow - seat double functionality		
Baltic Genua 70-90	425	1				
Artistic divers knife	121	1				
Whistle	8	1				
Trident neoprene socks	102	1				
Artistic Glove Tourflex - 2.5mm neopren	72	1				
Advanced Elements 4-Piece Left	648	1		T-piece added for canoe-style paddling		
Advanced Elements 4-piece Right	632	1				
Advanced Elements 4-piece Right	632	1				
		2879	0			
RAB Bergen Jacket - eVent	550	1	0			
Rab Photon Jacket W	493	1	0			
PHD Minimus Vest	238	0	0			
Rab Cirrus Wind Top	107	1	0			
Icebreaker 200 Long Johns	166	1	0	Merino		
Icebreakaer Sprite Hot Pant Women's	43	1	1	Merino		
Icebreaker Sprite Racerback Bra	56	1	1	Merino		
Icebreaker 150 Tee	132	0	1	Merino		
Montane Terra Converts Pants	356	0	1	New, lightweight stretchy walking pants		
Adidas Supernova	83	1	0	Short for walking warm and hot days		
Montane Atomic DT Pants (Women)	190	1	0	Almost Full Water Proof		Mostly used on rainy packrafting
Mammut Aconcagua Jacket Women	290	0	1	Old faithful insulation		
DeFeet Dura Merino Wool	55	1	0			
MLD eVENT Rain Mitts	37	1	0	Seams Sealed by Katrijn		
Haglöfs Wind Cap	27	0	1	Warm, windbloc hat		
Buff	68	0	1			
Inov-8 Debris 38	53	0	1	dry - dusty conditions		
Integral Design - eVent Shortie Gaiter	56	1	0	snow-mud conditions		
Sea-to-Summit UltraSil	43	1	0	Lightweight waterproof liner		
MLD Cuben Fiber Dry Bag	30	1	0	New		
Sea to summit	29	1	0	Absolutely necessary in the arctic		
Julbo	85	0	1	Class 3 sun protection		
		2362	1491			
female stuff	35	1	0			
floss	12	1	0			
soap	30	1	0			
shampoo	30	2	0			
desinfection	50	1	0			
towel	45	2	0			
washhand	12	1	0			
tooth brush	15	1	0			
toothpaste	50	1	0			
comb	9	1	0			
toilet paper	40	0	0			
		363	0			
elastic bandage	435	0	0	for 2 persons		
safety blanket						
patches						
2 pression bandages						
tape						
compeed						
scissors						
tweezers						
wound gauze						
eye salf						
ointment insect bites						
hibidl (3)						
compressen (10)						
isobetadine						
ORS						

	thermometer					
	anticonception					
	immodium	150	0	0	for 2 persons	
	motilium					
	buscopan					
	antibiotics					
	ibuprofen (600 mg)					
	dafalgan forte					
Skin Protection	mosiguard (mosquito)	80	1	0	Natural. No DEET.	It works in Greenland
	lips balsam	20	1	0	Protect your lips!	
	sun scream	80	1	0	And your skin too	
SUBTOTAL:			615	0		
HYDRATION						
Bottles	Platypus Soft Bottle 1L	24	2	0	Durable, BP-free	Super light, foldable
	Nalgene hard plastic bottle 1L (winter)	183	0	0	Big mouth	For winter use / Nepal / Central Andes
Water	H ₂ O	500	1	0	0.5 liter of water	
Thermos	Primus 1L Thermo	543	0	0	Winter use only	Keeps water warm for 6-8 hours
Water recipient	Kitchen Sink Sea to Summit Ultrasil	49	0	0	10L water recipient	Stands free
Treatment	AquaMira Drops	35	0	0	in first aid kit	
Treatment	AquaMira Tabs	20	0	0	in first aid kit	
Filter	MSR sweetwater microfilter	312	0	0	Removes all bacteria and protozoan parasites	Only for Nepal, Peru and Bolivia
SUBTOTAL:			548	0		
COOKING						
Stove	Primus omnifuel (only burner with hose)	345	0	0	Fuel, Kerosene, Gasolene..... Nepal and Central Andes	Firepower for high altitude and snow melting
	Spare acceseries	25	0	0		Nepal and Central Andes
	Multitool	43	0	0	For repair and cleaning	
	Stuff Sack	34	0	0		
Omnifuel Bottles	Primus Bottle 0.6l (incl. pump)	205	0	0	High pressure	
	Plastic Bottle 1.5l	50	0	0	Carry backup fuel	
	Primus Express Stove	89	1	0	We burn gas, we want to cook in confort after a long day	More effective then alcohol for the 2 of us
	Primus Clip-on Windshield	66	1	0	Save gas, efficient	
	Alu Windscreen for Omnifuel	68	0	0	Save fuel	
Fire	Matches	25	1	0		
	Lighter	15	1	0		
Fuel	Fuel, kerosen, gasolene in liters	1000	0	0		
	Primus 450g capacity cartridge	645	1	0	For boiling 30L waters = 6 days	we boil 4L water per day
	Primus 230g capacity cartridge	380	0	0	For boiling 15L waters = 3 days	
Cooking Pot	Optimus Terra Pot	318	0	0		
	accessories	80	0	0		
Mug	Sea-to-summit, X-bowl	60	0	0	Handy ply down 2012 model	
Plate	Sea-to-summit	104	0	0		
	Sponge	3	0	0		
Spoon	Sea to Summit	11	0	0		
TOTAAL:			840	0		
Tools - acceseries						
Sewing Kit	Needles + floss	5	0	0		
Tape	Duck Tape	45	0	0	For repair shelter + packraft + clothes	
Map Holder	Ortlieb waterproof map case	68	1	0	For nasty weather navigation	
GPS	Garmin Geko 201	122	1	0		
Maps	1:100.000	311	1	0	This is max. weight of maps to carry on 11-days	
Compass	Recta DP-6 Global	56	1	0	Worldwide use	
Head Light	Petzl XP2	87	1	0	Only for september nights	
Watch	Suunto X3HR	90	0	1		
Rescuebeacon locator	Spot 2 Messenger	119	0	1	Always in pocket of pants or jacket	
Mobile Phone	Blackberry	133	0	1	Always in pocket of pants or jacket	
Writing stuff	Pen + notebook	45	0	0		
Wallet	Incl. credit cards and cash money	80	0	1	In ziplock bag	
SUBTOTAL:			644	422		
FOOTWEAR / ALPINE						
Shoes	La sportiva - Trango Trans Alp	1675	0	0	Only for climbing in Nepal	GTX, but not full waterproof anymore
	inov-8 FlyRoc 310	620	0	1	Very comfty trailrunning shoe	Good grip on rock and wet soils
	inov-8 RocLite 315	630	0	0	More cushioning then the FlyRoc	
Crampons	Kathoola KTS® steel	660	0	0	Only for Himalayas and Central Andes	
	Kathoola snow release skins	30	0	0	Only for Himalayas and Central Andes	
	Kathoola bag	55	0	0	Only for Himalayas and Central Andes	
Ice Axe	CAMP Nanotech Corsa	300	0	0	For Early summer in Patagonia and glacier travel in Nepal / Central Andes	
Socks	Smartwool : PhD Running Ultra Light Mini	44	1	1	Light, breatable socks	
	Smartwool : PhD Outdoor Medium Crew Charcoal	80	1	0	For sleeping, keep dry at all cost	
	Smartwool : Smartwool PhD UltraLight Ski	98	0	0	For cooler environment / Himalayas / Central Andes	
	GTX Socks	74	1	0	For base camp sock protection in wet trailrunners	Also for lining the neoprene socks while packrafting
Walking poles	Black Diamond Alpine	515	0	1		
SUBTOTAL:			198	1179		
Photography and filming						
Bag	Case Logic Bag	308	0	1		
Photo Body	Canon EOS 550D	530	0	1	Not water and dustproof	Take care!
Lenz	Canon EF 17-40 mm ul usm	475	0	1	Excellent landscape lens	Water and dustproof
Gorilla-pod	Joby	165	0	1		
Memory Cards		7	1	0	Total of	
Spare Batterys Canon		50	0	3		
Movie	GoPro Hero2 HD	260	0	0	Professional Micro-Camera with outstanding performance	In waterproof housing
Spare Batterys GoPro		25	3	2		
SUBTOTAL:			82	1678		

thermometer					
anticonception					
immodium					
motilium	150	1	0	for 2 persons	
buscopan					
antibiotics					
ibuprofen (600 mg)					
dafalgan forte					
mosiguard (mosquito)	80	0	0	Natural. No DEET.	It works in Greenland
lips balsem	20	0	0	Protect your lips!	
sun scream	80	0	0	And your skin too	
	150	0			
Platypus Soft Bottle 1L	24	2	0	Super light, foldable	
Nalgene hard plastic bottle 1L (winter)	183	0	0	For winter use / Nepal / Central Andes	
H ₂ O	500	1	0		
Primus 1L Thermo	543	0	0		
Kitchen Sink Sea to Summit Ultrasil	49	1	0	10L water recipient	Stands free
AquaMira Drops	35	1	0	in first aid kit	
AquaMira Tabs	20	1	0	in first aid kit	
MSR sweetwater microfilter	312	0	0	Removes all bacteria and protozoan parasites	Only for Nepal, Peru and Bolivia
	652	0			
Primus omnifuel (only burner with hose)	345	0	0	Fuel, Kerosene, Gasoline,..., Nepal and Central Andes	Firepower for high altitude and snow conditions
Spare accesoriers	25	0	0		Nepal and Central Andes
Multitool	43	0	0	For repair and cleaning	
Stuff Sack	34	0	0		
Brandsfof fles Primus 0,6l	205	0	0	High pressure	
Plastiek fles 1,5l	50	0	0	Carry backup fuel	
Primus Express Stove	89	0	0	We burn gas, we want to cook in comfort after a long day	more effective then alcohol for the 2 of us
Primus Clip-on Windshield	66	0	0	Save gas, efficient	
alu	68	0	0	Save fuel	
Matches	25	0	0		
Lighter	15	0	0		
White gas in liters	1000	0	0		
Primus 450g capacity cartridge	645	0	0	For boiling 30L waters = 6 days	we boil 4L water per day
Primus 230g capacity cartridge	380	1	0	For boiling 15L waters = 3 days	
Optimus Terra Pot	318	1	0		
accesories	80	1	0		
Sea-te-summit	60	2	0	Handy ply down 2012 model	
Sea to Summit	104	1	0		
Sponge	3	1	0		
Sea to Summit spoon	11	2	0		
	1027	0			
Needles + floss	5	1	0		
Duck Tape	45	1	0		
Ortlieb waterproof map case	68	0	0	Waterproof	
Garmin Geko 201	122	0	0		
1:100.000	311	0	0		
Recta DP-6 Global	56	0	0	Worldwide use	
Petzl XP2	87	0	0		
Suunto X3HR	90	0	0		
Spot 2 Messenger	119	0	0	reservebatterijen: lithium!	
Blackberry	133	0	0	Etiket met pincode op gsm	
Pen + notebook	45	1	0		
Incl. credit cards and cash money	80	0	0		
	95	0			
La sportiva - Trango Trans Alp	1517	0	0	Only for climbing in Nepal	GTX, but not full waterproof anymore
Inov-8 Terroc 308	620	0	0	Very comfy trailrunning shoe	Good grip on rock and wet soils
Inov-8 RocLite 268	536	0	1	More cushioning then the FlyRoc	
Kathoola KTS® steel	660	0	0	Only for Himalayas and Central Andes	
Kathoola snow release skins	30	0	0	Only for Himalayas and Central Andes	
Kathoola bag	55	0	0	Only for Himalayas and Central Andes	
CAMP Nanotech Corsa	300	0	0	For Early summer in Patagonia and glacier travel in Nepal / Central Andes	
Smartwool : PhD Running Ultra Light Mini	44	1	1	Light, breatable socks	
Smartwool : PhD Outdoor Medium Crew Charcoal	80	1	0	For sleeping, keep dry at all cost	
Smartwool : Smartwool PhD UltraLight Ski	98	0	0	For cooler environment / Himalayas / Central Andes	
GTX Socks	74	1	0	For base camp sock protection in wet trailrunners	Also for lining the neoprene socks while packrafting
Black Diamond Alpine	515	0	1		NIEUW
	198	1095			
	0	0			