

Bags	Our example	Weight	Price
Main backpack	Men's Forclaz 50 L Travel Backpack	81.1 oz (2 300 g)	\$95 (£70)
Secondary bag	Forclaz Compact Waterproof 20 L Travel Backpack	5.4 oz (154 g)	\$16 (£12)
Toiletry bag	Forclaz Ultra Light and Compact Toiletry Bag	1.5 oz (43 g)	\$14 (£10)
Total bags		88 oz (2 497 g)	\$125 (£92)
Clothing	Our example	Weight	Price
Waterproof jacket with removable down jacket	Forclaz Men's Waterproof 3-In-1 Jacket	41.6 oz (1 179 g)	\$122 (£90)
Fleece	Men's Quechua Walking Fleece	12.3 oz (350 g)	\$47 (£35)
3 Short-sleeved merino T-shirts	Men's Forclaz Short-Sleeved Merino T-Shirt	5.2 oz (148 g)	\$27 (£20)
Long-sleeved merino T-shirt	Men's Forclaz Long-Sleeved Merino T-Shirt	6.5 oz (184 g)	\$34 (£25)
Zip-off trousers	Men's Forclaz Travel Trousers	35 oz (710 g)	\$54 (£40)
Jeans / chinos	Men's Levi's 511 Jeans	22.2 oz (630 g)	\$103 (£76)
Shorts	Forclaz Men's Trekking Shorts 100	19 oz (540 g)	\$34 (£25)
4 Pairs of boxers	Kalenji Breathable Boxers	1.4 oz (40 g)	\$7 (£5)
3 Pairs of cotton socks	Artengo High Socks RS 500 3-Pack	2.4 oz (67 g)	\$8 (£6)
1 Pair of hiking socks	Solognac Full-Length Warm Woollen Socks 900	5.3 oz (250 g)	\$18 (£13)
Flip-flops	Men's Olaian Flip-Flops 120	12.7 oz (360 g)	\$4 (£3)
Trail shoes	Men's Evadict MT2 Trail Shoes	10.9 oz / foot (310 g)	\$95 (£70)
Hat	Forclaz Travel Cap 500	3.1 oz (88 g)	\$11 (£8)
Swimsuit	Men's Olaian Boardshorts	5.6 oz (160 g)	\$7 (£5)
Total clothing		183.2 oz (5 016 g)	\$571 (£421)
Sleeping gear	Our example	Weight	Price
Sleeping bag liner	Forclaz Silk Sleeping Bag Cover	3.9 oz (110 g)	\$47 (£35)
Earplugs	Moldex Earplugs	0.6 oz (18 g)	\$7 (£5)
Total for sleeping gear		4.5 oz (128 g)	\$54 (£40)
Electronic gear	Our example	Weight	Price
Phone	iPhone 12 Mini	4.7 oz (133 g)	\$784 (£579)
Phone charging cable	RAMPOW iPhone Charger Cable	0.4 oz (10 g)	\$14 (£10)
Phone case	JETech Case	0.7 oz (21 g)	\$8 (£6)
Headphones	Apple EarPods	1.45 oz (41 g)	\$23 (£17)
Camera	Sony RX100 III	7.5 oz (213 g)	\$244 (£180)
Camera charging cable	Micro USB Cable	2.1 oz (59 g)	\$11 (£8)
Camera case	Sony Soft Carry Case	3.2 oz (91 g)	\$24 (£18)
Memory card	SanDisk Memory Card 64 GB + SD Adapter	0.2 oz (5 g)	\$12 (£9)
Universal adaptor	LYSLEDA Universal Travel Adaptor with 2 USB Ports	3.5 oz (100 g)	\$22 (£16)
Total for electronic gear		23.7 oz (673 g)	\$1 142 (£843)
Accessories	Our example	Weight	Price
Sunglasses	Quechua Sunglasses	0.8 oz (22 g)	\$14 (£10)
Glasses case	Quechua Glasses Case	2.1 oz (60 g)	\$7 (£5)
Pen	Bic Ballpoint Pens	0.7 oz (20 g)	\$1 (£1)
Notebook	Moleskine Classic Noteboook	4.8 oz (137 g)	\$14 (£10)
Head torch	Battery Head Torch	3 oz (85 g)	\$7 (£5)
Padlocks	Forclaz TSA-Coded Padlock	2.7 oz (76 g)	\$11 (£8)
Knife	Huntsman Swiss Knife	2.6 oz (74 g)	\$34 (£25)
Lighter	Bic Lighters	2.1 oz (60 g)	\$8 (£6)
UV water purifier	Steripen Water Purifier	4.8 oz (136 g)	\$103 (£76)
Ziplock bags	Tidy Freezer Bags	0.4 oz (10 g)	\$4 (£3)
Microfibre towel	Nabajji Microfibre Towel L	5.6 oz (160 g)	\$9 (£7)
Wallet / purse	AmazonBasics RFID Wallet	2.1 oz (59 g)	\$15 (£11)
Total for accessories		31.7 oz (899 g)	£227 (£167)
Toiletries		Weight	
Toothbrush		0.7 oz (20 g)	
Toothpaste		3.5 oz (100 g)	
Sun cream		8.5 oz (240 g)	
Mosquito repellent		4.6 oz (130 g)	
Deodorant / alum stone		3.5 oz (100 g)	
Nail clippers		1.8 oz (50 g)	
Bar soap		4.9 oz (140 g)	
Razor		2.8 oz (80 g)	

Cotton buds		0.7 oz (20 g)
Total for toiletries		31 oz (880 g)
Function	Our example	Weight
Painkiller	Panadol	1.8 oz (50 g)
Plasters	-	
Gastric cytoprotection	Smecta	
Antidiarrhoeal	Immodium	
Documents		Weight
Passport		2.8 oz (80 g)
Bank cards		
International Certificate of Vaccination		
Cash		
ID photos		
Driving license		
International driving license		
TOTAL GEAR		366.7 oz (10 223 g)