

Bags	Our example	Weight	Price
Main backpack	Women's Forclaz 50 L Travel Backpack	81.1 oz (2300 g)	\$95 (£70)
Secondary bag	Forclaz Compact Waterproof 20 L Travel Backpack	5.4 oz (154 g)	\$16 (£12)
Toiletory bag	Forclaz Ultra Light and Compact Toiletory Bag	1.5 oz (43 g)	\$14 (£10)
Total for bags		88 oz (2 497 g)	\$125 (£92)
Clothing	Our example	Weight	Price
Waterproof jacket with removable down jacket	Forclaz Women's Waterproof 3-In-1 Jacket	36.3 oz (1030 g)	\$122 (£90)
Fleece	Women's Quechua Hiking Fleece MH950	10.5 oz (299 g)	\$47 (£35)
3 Short-sleeved merino T-shirts	Women's Forclaz Short-Sleeved Merino T-Shirt	4.2 oz (120 g)	\$27 (£20)
Long-sleeved merino T-shirt	Women's Forclaz Long-Sleeved Merino T-Shirt	4.6 oz (130 g)	\$34 (£25)
Zip-off trousers	Women's Forclaz Travel Trousers	15.2 oz (432 g)	\$41 (£30)
Jeans	Women's Levi's 711 Jeans	19.4 oz (550 g)	\$91 (£67)
Shorts	Women's Forclaz Trekking Shorts 100	10.6 oz (300 g)	\$27 (£20)
3 Bras / sports bras	Women's Kalenji Running Bra	3.5 oz (100 g)	\$20 (£15)
4 Pairs of knickers	Kalenji Breathable Briefs	3 oz (84 g)	\$7 (£5)
3 Pairs of cotton socks	Artengo High Socks RS500	7.1 oz (200 g)	\$8 (£6)
Hiking socks	Quechua Hiking Socks 900	5.3 oz (150 g)	\$18 (£13)
Flip-flops	Women's Olaian Flip-Flops 190	6.7 oz (190 g)	\$8 (£6)
Trail shoes	Women's Evadcit MT2 Trail Shoes	9.5 oz / foot (270 g)	\$95 (£70)
Hat	Forclaz Travel Cap 500	3.1 oz (88 g)	\$11 (£8)
Swimsuit	Women's Olaian Triangle Top & Briefs	4.2 oz (120 g)	\$9 (£7)
Total for clothing		143.3 oz (4 063 g)	\$565 (£417)
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 Notebook	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	TidyZ 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)	
Tweezers		0.7 oz (20 g)	

Mosquito repellent		4.6 oz (130 g)
Bobbles		0.4 oz (10 g)
Deodorant / alum stone		3.5 oz (100 g)
Nail clippers		1.8 oz (50 g)
Lip balm		0.4 oz (10 g)
Bar soap		4.9 oz (140 g)
Razor		2.8 oz (80 g)
Hairbrush		3.5 oz (100 g)
Cotton buds		0.7 oz (20 g)
Tampons		7.1 oz (200 g)
Total for toiletries		43.1 oz (1 220 g)
Function	Our example	Weight
Painkiller	Panadol	
Plasters	-	
Gastric cytoprotection	Smecta	
Antidiarrhoeal	Immodium	
		1.8 oz (50 g)
Documents		Weight
Passport		
Bank cards		
International Certificate of Vaccination		
Cash		
ID photos		
Driving license		
International driving license		
		2.8 oz (80 g)
TOTAL GEAR		339 oz (9 610 g)