

# WILD EARTH

## GR20 PACKING CHECKLIST

BY STEPH DEVERY, WILD EARTH AMBASSADOR

### CLOTHING

- Arc'teryx Alpha AR Shell + Waterproof Pants
- Arc'teryx Atom Jacket
- Insulated Puffer Jacket
- Helly Hansen - Thermal Top
- Patagonia Hiking Shorts + Hiking Tights
- 1 X Sports Bra, 3 X Underwear, Woollen Bed Socks
- Patagonia Fleece Trackpants, Beanie, Buff
- Fractal Running Hat, Sunglasses, Gloves
- Trail Runners - Altra Lone Peak

### CAMPING GEAR

- Big Agnes Copper Spur 2 Tent + Footprint
- Rab Hyperlight Sleeping Mat
- Inflatable Pillow
- Feathered Friends Hummingbird -7C Rated Ultralight Sleeping Bag

### KITCHEN

- MSR Pocket Rocket Stove
- Cooking Pot, Wind Shield, Sponge
- Spork, Mug, Knife/Multitool (Leatherman Skeletool), Small Thermos
- Lighter, Gas Canister (Pack A Spare)
- 2 X 2L Collapsible Water Bottles
- SteriPen (USB Rechargeable)

### TOILETRIES

- Sunscreen, Lip Balm, Deodorant
- Toothbrush, Toothpaste, Floss
- Toilet Paper, Hand Sanitiser
- Shampoo/Conditioner, Hairbrush
- Quick-Dry Towel

### FIRST AID AND EMERGENCY GEAR

- Duct Tape
- Emergency Blanket
- Lighter + Waterproof Matches
- Pharmaceuticals And Pain Killers
- Wound Dressings (Blister Kit, Compression Bandage, Triangle Bandage)
- Sewing Kit + Air Mattress Repair Kit
- Zip Ties
- Water Treatment Tablets

### ELECTRONICS

- Phone (MapOut Offline Maps)
- Charging Cables
- Noise-Cancelling Headphones
- Petzl Headtorch (USB Rechargeable)
- 1 X Battery Pack

### BACKPACK

- Gregory 65L

### MISCELLANEOUS

- Passport, ID, Cash, Cards
- Entertainment Essentials (Book, Music...)
- Travel Insurance, Passport Photos
- Sea To Summit Ultralight Day Pack
- Yaktrax Microspikes + Hiking Poles

