

Camping	grammes		Grammes
Tent (half)	600	First aid kit (approx.)	160
Sleeping bag	415	Blister plasters, plasters	
Sleeping mat	470	Tweezers, tick tweezers	
Survival blanket	40	Sterile non stick dressings	
Thermatex blanket	125	Crepe bandage	
Stove, lighter, firelighter paper	190	Antiseptic wipes	
Plate, spork/spoon	100	Paracetamol	
Mug	40	Ibuprofen	
	1980	Savlon	
Clothes		Antihistamine cream	
Waterproof jacket	300	Strepsils	
Down waistcoat	240	Oral rehydration packs	
Windsmock	115	Gloves	
Fleece	200		
Spare shorts	220	Rucksack	1200
Shirts	280	Waterproof liner	90
Pants (2)	60		1290
Socks (2 pairs)	140		
Long sleeved thermal top	180	TOTAL Rucksack and contents	6670
Warm hat	30		
	1765		
		Worn	
Sponge bag (approx.)	300	Boots	
Comb		Sun hat	88
Toothpaste, toothbrush		Trousers	375
Scissors		Shirt	140
Insect repellent		Pants, bra	
Deodorant		Socks	
Nivea		Sunglasses	
Liquid soap			
Antiseptic wash		Carried	
Water steriliser tablets		Camera, recorder, money, case	240
		GPS	200
Towel	50	Whistle	10
Suntan lotion	140	Passport	30
		Trekking pole with gaffa tape	200
Gadgetry/miscellaneous		Loo paper	
Kindle	170		680
Mobile	120	Carried by Alan	
Charging equipment	250	Current map	50
Torch	10	Cooking pots (2), scourer	250
Day bag	80	Compass	
Notebook, pen, memory stick	125	Penknife	
Guidebook pages	80		
Maps (2)	150		
	985		

See over for notes.

The heaviest item: my rucksack. It's possible to find a rucksack at around half the weight, but they are usually without frames, and a frame stops you getting too sweaty when walking in the heat. However, there is now a hole or two in my rucksack, and it's my priority to find a more lightweight replacement before the next walk.

Carried separately: I had a pair of Karrimor convertible trousers with lots of pockets, which I usually wore as shorts without the bottom half. The pockets were very handy for carrying everything from my passport to the whistle. I kept some gaffa tape wound round the top of my trekking pole – very handy for emergency repairs.

Toiletries: I decanted things like liquid soap and Nivea into smaller plastic containers, and bought the smallest tube of toothpaste I could find. I didn't bother cutting my toothbrush in half.

Food and water: Two litres of water weighs two kilos, and we would each carry 2-3 kilos of food, when setting off from a town. So that was up to 5 kilos on top of clothes and camping stuff. We decanted salt, pepper and a few spices into little plastic bags, plus took a very small plastic container of olive oil.

MAXIMUM PACK WEIGHT WITH FOOD AND WATER: Under 12 kilos. It was much less towards the end of a trip, which was nice when we were tired.

Things I left behind

- Swimsuit. I took this with me at first, but the water in the mountain streams was just too cold. Maybe in August.
- Extra shoes: I took some lightweight flip flops at first – nice to wear on rest days or in the evenings. But then I got so used to my boots that I was OK to wear them all the time.
- Binoculars: We'd been given a lovely small pair, but decided against taking them. Definitely worth it for the keen birdwatcher, though.
- Bamboo knife. Well, this was so light that I mostly still took it, even though we usually used Alan's penknife.