

EQUIPMENT

Tent Equipment

tent - Hilleberg Nallo 2 GT green
sleeping bag mat - mountain hardware
sleeping bags x 2 - mammut / Halite overage pro
bivi bag - outdoor research
tent boots - outdoor research
head torch - petzi
pegs x 8
ice screws x 1
shovel x 1
snow bag x 1
food kit bags x 8

Repair kit

knife
para cord
screw driver
hockey tape
glue
matches
striker
spare bindings x 2pr
spare screws for skis

Navigation & communication

compass x 2
GPS x 2 / garmin etrex
Inreach x 1 garmin
satellite phone x 2 Iridium extreme
Map
Map case
Watch - Elliot Brown Holton Automatic

Filming & sound

dictaphone
spare batteries
camera x 1 Sony Cyber-shot DSC-RX100
camcorder x 2 CX450 Handycam
solar panel s x 2 - 15w and 20 w
battery pack x 1
ipod -x 4
head phones x 2

Other

mirror
tooth brush x 2
tooth paste x 2
med pack
Toilet paper x 0

60Ltr barrels x 2 bear proof / resupply

Day equipment

sledges x 2 - Acapulka
harness x 1- Fjellpulken pro

carabiners x 2
ski boots x 1 - Alfa
ski pole -
rope - 8/9mm
elastic / Hang6

Cooking

cup - Infinity Backpacker Mug
food bowl and lid
spoon x 2
cookers / MSR XGK EX x 4
spares for cookers
wind break
board / wooden (B&Q free bin)
spare fuel valves x 4
MSR containers x 4 1ltr
Fuel container x 7 5ltr

Clothes

hat x 2 - Shackleton (N. Shulman)
buff x 2
base Layer top x 3 - Helly Hansen
base layer bottom x 2 Helly Hansen
mid layer top x 1 thin buffalo (L. Rudd)
smock top x 1 wintergreen
down jacket x 1 Shackleton
down vest x 1 Shackleton
mid layer Jacket x 1 Fjallraven
socks / thin x 3pr
socks / thick x 4pr
vapour barrier socks x 1pr
working gloves x 1 Black diamond
thick working gloves x 1 Black Diamond
thin gloves x 1 Black Diamond
thick mitts x 1 Black Diamond
windproof trousers x 1 Bergans Antarctic
underwear x 2 Helly Hansen
goggles plus cloth masks x 2 Oakley
Sunglasses x 1 Oakley

FOOD

Main meal

Expedition Foods

(20 days spare for emergencies)

1000 calories each pack

sweet and sour chicken with rice x 15

spaghetti bolognese x 15

chilli con carne with rice x 15

fish and potato with parsley x 15

beef and potato hotpot x 15

chicken korma with rice x 15

beef stroganoff with rice x 15

thai green chicken curry with rice x 15

Breakfast

1000 calories each pack

porridge and blueberries x 60

porridge and sultanas x 60

Pudding

450 calories each pack

custard with apple x 200

Snacks

Resilient Nutrition

High Protein nut butter 555cl x 100

energy bar 112cl x 300

Emergency survival ration 1632cl x 50

Real Meal Bar x 100

Drinks

Resilient Nutrition

Tea Bags - 300 Tetley

High Protein nut butter - 100

