

THE CAPE TO CAPE TRAIL

A 1,250 mile backpacking adventure ...

EQUIPMENT LIST: as used on the Cape Wrath Trail, NW Scotland

	<i>Grams</i>	
1. Documents and Valuables		(Includes seven days' iron rations, one litre fuel and one litre water, excludes boots and worn dry-weather clothing)
Target timeline, Contacts list		
Cash ,Barclaycard & Connect card		
Driving license, Railcard, National Trust card		
Train Ticket		
House key		
Notebook and pens		
Subtotal, approx	200	
2. Electrical and Other Equipment		
* Satmap Active 12 GPS, case and 3 batteries	315	
* Camera, Lumix LX7	455	
* Lekki Sherpa XL pole	300	
* 20 spare Energizer Ultimate Lithium AA batteries for Satmap, 3 per day	350	
6 Spare Lithium AAA batteries (for Spot, Digital recorder and head torch)	65	
* Cicerone Cape Wrath Trail guidebook	246	
* Spot emergency device	133	
* Sony voice recorder	75	
iPhone with charger	230	
Tripod-mini	51	
Mini Suunto compass	10	
Ebook	280	
Head torch with batteries	92	
Spare torch	53	
Swiss knife	61	
Alarm clock	34	
Subtotal	2,750	
3. Basic Camping Gear		
* Rucksack, Osprey Aether 70 litre.	2,290	
* Tent Hilleberg Soulo with extra pegs	2,510	
Cord 10m	30	
Plastic sheet	10	
Loo trowel	60	
Subtotal	4,900	
4. Sleeping gear		
* Sleeping bag, RAB Quantum 400g fill	1,031	
* Silk liner, RAB	137	
* Thermarest mat	419	
Pillow inflatable	116	
Repair kit	30	
Subtotal	1,733	
5. Cooking gear		
* Trangia 1-man meths stove with 2 pans, small bottle, funnel	222	
Lighter, high performance	30	
Sorce flexible 2l water bottle	50	
Titanium KFS utensils	65	
Fuel bottle, MSR 33 Fl.oz (937 ml) filled with Meths	1,025	
Miscellaneous, old towel for groundsheet, etc	250	
Subtotal	1,642	
6. Food and Water		
Iron rations for 7 days (Highlands)		
Daytime water, replenished from streams, unfiltered	500	
* Spaghetti, Tesco 5 minute	1,000	
Soup powder	250	
Porridge with instant milk and sugar	500	
* Semi-dried banana (Trader Joe, Thai origin, bought in USA)	500	
* Tesco mixed nuts	1,500	
Tea Bags	60	
Salt	50	
Goodie bag with 90g Gia garlic puree, olive oil, herbs	200	
Energy bars and wine gums	1,000	
Subtotal	5,560	
7. Toiletries		
Towel – REI travel towel	115	
Flannel	10	
Toothbrush	5	
Plastic tooth picks	5	
Smidge repellent	6	
Soap solid	30	
Nail clippers	20	
Subtotal	191	
8. Medical and Emergency Pack		
50 Ibuprofen 400 mg	10	
Vitamins 50	35	
* Hartmann Omni fix tape – for feet, 1m x 5cms	10	
Scissors	20	
Antihistamine	40	
Tick tweezers	22	
Bivvy bag, whistle, 100g Hammaro fire-lighting paper	160	
Subtotal	297	
9. Clothing		
Mountain Equipment Lhotse jacket	543	
* Mountain Equipment Gore-Tex Paclite trousers	289	
* Mountain Equipment thermal compressor jacket	424	
* Arc'teryx top (found on Devils Staircase)	296	
* Macpac thermal longs	168	
* Midge head net	30	
Wide brimmed hat	90	
* Keen Canoeing shoes (for Highlands river crossings)	250	
* RAB Latok Alpine gaiter	246	
Gloves	155	
2 Spare thick socks	200	
Spare briefs x 1	32	
Sleeping vest	90	
Shorts (unused in Highlands because of the midges)	230	
Subtotal	3,043	
TOTAL	20.3 kg	
	44.8 lb.	

Note 1: Seven days' food and fuel autonomy is recommended for the Cape Wrath Trail.

In less remote areas the pack weight can be reduced by approximately 3kg.
– an additional 1 litre of water needed for overnight camp

Note 2: Items that I strongly recommend are marked with asterisk.