




















Treasure Island – List of personal equipment

Product	Function	Weight	
Rucksack	To carry all your equipment.	1.5 Kg	
Tent (4)	Not warm enough to sleep under the stars. It could rain at night.	3.5 Kg	
Sleeping bag	Can be very cold at night.	2.5 Kg	
Sleeping mattress	Sleeping on the ground can be uncomfortable.	1 Kg	
Pillow	Inflate to your liking.	0.5 Kg	
Gas stove	To cook hot food and boil water	4 Kg	
Gas refill	Each canister will last for two hours use.	3.5 Kg	
Water	Important to have fresh water	Each litre weighs one Kg	
Headlamp	Hands-free lamp for night navigation and some reading perhaps	0.4 Kg	
Battery	Battery life = 4hrs.	0.2 Kg	
Binoculars	View the landscape ahead in clarity	1.2 Kg	
Compass	The essential navigation tool.	0.1 Kg	



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Knife	Handy tool for food handling and a general blade	0.3 Kg	
Cooking utensils	Food preparation	1.3 Kg	
Mug	Containing liquids	0.1 Kg	
Flask	Storing hot liquids	0.4 Kg	
First Aid Kit	Bandages, plasters, supports, creams and ointments.	1.1 Kg	
Shower Kit	Attach to a water bottle to create a shower spray	0.4 Kg	
Shampoo/Shower Gel	Works with all water types	0.5 Kg	
Toothbrush/paste	Dental care - compact	0.1 Kg	
Towel	Not enough sunshine to dry without the risk of hypothermia	0.6 Kg	
Food ration	Essential food	0.8 Kg per day	
Fleece top	Spare top for warmth	0.6 Kg	
Fleece bottoms	Spare bottoms for warmth	0.6 Kg	
Socks	Important to change socks with so much walking	0.2 Kg per pair	
Boots	A spare pair	1 Kg	
Map	Essential navigation aid	0.1 Kg	
Toilet tissue	Personal hygiene	0.2 Kg	
T-shirt	Comfort	0.2 Kg	