

Kit List Gros Morne 05

Personal Kit
Ruck (75 L) w/stuff sack liners x3
Sleeping Bag (min -5°C)
Bivy Bag (Waterproof Breathable)
Therm-a-Rest Pad
Hiking Boots
Sandles
Gaiters
Socks (Synthetic/Quick Drying) x3 pair
Socks Gore-Tex
Gitch (Synthetic/Quick Drying) x2 pair
Sports Bra
Long Johns
Pants (Synthetic/Quick Drying)
Shorts (Synthetic/Quick Drying)
Shirt LS w/collar (Synthetic/Quick Drying)
Shirt SS (Synthetic/Quick Drying) x2
Hat (Wide Brim)
Fleece Touque
Gloves (Leather)
Fleece (Mid/200 Weight)
Jacket (Wind/Waterproof Breathable)
Rain/Wind Pants (Gore-Tex)
1L Nalgene Water Bottle
Whistle
Leatherman/Gerber
Belt
Camera
MagLite (w/AA batteries)
Trek Pole(s)
Spoon
Cup
Lighter
Zip-Lock Bags x6 Large/x12 Small
Ablutions Kit: Towel, Baking Soda, Comb, Toothbrush, Sun Block (unscented), Lip Balm (unscented), Bug Juice, TP

Team Stores
Tent x2
Stove w/x3 fuel canisters
Pot Set
Water Filter x2
GPS (w/AA batteries) x2
Binos
1st Aid Kit
Collapsible Shovel
Carabineers x4
Para Cord & Rope
Lightweight Tarp
Map x3
Compass x3
Cell Phone
Repair Kit

Food	
3 Sep	Supper: Boil-in-Bag
4 Sep	Breakfast: Grain bar Lunch: Noodles w/cup-a-soup Supper: Boil-in-bag
5 Sep	Breakfast: Grain bar Lunch: Noodles w/cup-a-soup Supper: Boil-in-bag
6 Sep	Breakfast: Grain bar Lunch: Noodles w/cup-a-soup Supper: Boil-in-bag
7 Sep	Breakfast: Grain bar Lunch: Noodles w/cup-a-soup Supper: Boil-in-bag (Provisional)
Above is in addition to trail mix, power bars, drink crystals, coffee/tea, etc. All food must be double sealed in zip-lock bags and packaging broken down as much as possible to reduce waste.	