

Toiletries		First Aid	
Toothpaste		Disinfectant	
Toothbrushes		Paracetamol	
Toothpicks		Travel sickness tablet	
Vaseline		Citrosan	
Nivea		Nasal spray	
Shower fresh		Blister plasters / Plasters	
Shampoo		Scissors	
Conditioner		Dressing	
Day cream		Tape	
Brush		Deet	
Sunscreen milk		Anti Insect	
Make-up/remover		Water purification	
Lip balm		Tick card	
(sun) glasses/lenses		Foot cream	
Disposable washcloths		Camphor spiritus	
Deodorant		Medicin against diarrhea	
		Oral Rehydration Salts Sachets	
		Personal medication	

Clothing		Camping gear	
Belt		Tent plus poles	
Long pants		Footprint Tent	
Short pants		Pegs plus extra	
T shirts		Hammer	
Thermoshirt short/long sleeves		Sleeping pad	
thermopants		Sleeping bag	
Midlayer vest		Pillow/stuffsack	
Sandals/		Sleepingbag liner	
Underwear		Kettle	
Pyjama		Cooking set or part	
Hiking socks		Cutlery	
Hiking boots		Sharp Knife	
Buff		Plastic Ziplocks	
Swimming gear		Serving spoon	
		Matches	
Quick dry towel		Detergent/ wilderness wash	
Rain jacket/trousers		Disposable sponge (or half)	
Wiindstopper/ hard shell		Toilet paper	
Gloves/Hat		Thermosflask	
Gammashen		Duck tape	
Hiking poles		Tie wrap	
		Clothespin	
		Camping seats	

