

## Packliste

| A | Ausrüstungsgegenstand                   | Gewicht | Rucksack | am Körper |
|---|-----------------------------------------|---------|----------|-----------|
|   | Rucksack                                | 3000    |          |           |
| 1 | Rucksack Gregory Baltoro 70 l           | 2880    | 2880     | 0         |
| 1 | Regenhülle Deuter                       | 120     | 120      | 0         |
|   |                                         | 120     | 0        | 0         |
|   |                                         |         | 0        | 0         |
|   |                                         |         | 0        | 0         |
|   |                                         |         | 0        | 0         |
|   | Schlafen                                | 6277    |          |           |
| 1 | Schlafsack WM Alpinelite Super          | 1000    | 1000     | 0         |
| 1 | Zelt HB Kaitum 2 GT                     | 3550    | 3550     | 0         |
| 1 | HB Footprint                            | 550     | 550      | 0         |
| 1 | Isomatte Exped Synmat 7 dlx             | 1177    | 1177     | 0         |
|   |                                         |         | 0        | 0         |
|   |                                         |         | 0        | 0         |
|   | Küche                                   | 1626    |          |           |
| 1 | Primus Etapower EF                      | 1126    | 1126     | 0         |
| 1 | BW-Besteck                              | 250     | 250      | 0         |
| 1 | Berghaferl Alu 500 ml mit Deckel        | 250     | 250      | 0         |
|   |                                         |         | 0        | 0         |
|   |                                         |         | 0        | 0         |
|   | Hygiene                                 | 911     |          |           |
| 1 | Microfaserhandtuch                      | 138     | 138      | 0         |
| 1 | Seife                                   | 115     | 115      | 0         |
| 1 | Zahnbürste+Pasta                        | 46      | 46       | 0         |
| 1 | Mückenschutzmittel                      | 100     | 100      | 0         |
| 1 | Sonnencreme LSF 20                      | 100     | 100      | 0         |
| 1 | Blasenpflaster, Tigerbalm, Fenistil-Gel | 200     | 200      | 0         |
| 1 | TP, Tempos, Minibürste                  | 212     | 212      | 0         |
|   | Bekleidung                              | 3880    |          |           |
| 1 | Arcteryx Theta AR Jacke                 | 575     | 575      | 0         |
| 1 | Arcteryx Alpha LT Pant                  | 550     | 550      | 0         |
| 1 | Ziphose                                 | 550     | 550      | 0         |
| 1 | Socken Smartwool                        | 93      | 93       | 0         |
| 1 | Langarmhemd                             | 350     | 350      | 0         |
| 1 | Kufa-Kurzarmhemd                        | 140     | 140      | 0         |
| 1 | Funktionsunterwäsche Odlo, lang         | 595     | 595      | 0         |
| 1 | Patagonia R2 Fleeceweste                | 277     | 277      | 0         |
| 1 | Lundhags Traverse Pant                  | 610     | 0        | 610 x     |
| 1 | Kufa Kurzarmshirt                       | 140     | 0        | 140 x     |
| 1 | Unterhose (Radler)                      | 100     | 0        | 100 x     |
| 1 | Smartwool Socken                        | 93      | 0        | 93 x      |
| 1 | Hanwag Alaska GTX                       | 1520    | 0        | 1520 x    |
| 1 | Patagonia R4 Fleecejacke                | 890     | 0        | 890 x     |
| 1 | 100'er Fleeceshirt Thermo Swed          | 335     | 335      | 0         |
| 1 | Marmot Handschuhe                       | 142     | 142      | 0         |
| 1 | Fleecemütze Fliluft                     | 37      | 37       | 0         |

|                  |                                         |        |        |       |   |
|------------------|-----------------------------------------|--------|--------|-------|---|
| 1                | TNF Kurzarmhemd                         | 300    | 300    | 0     |   |
| 1                | Basecap                                 | 120    | 0      | 120   | x |
|                  |                                         |        | 0      | 0     |   |
|                  | Sonstiges                               | 2211   |        |       |   |
| 1                | Trekkingstöcke BD Contour Elliptic      | 551    | 0      | 551   | x |
| 1                | Erste Hilfe Set                         | 400    | 400    | 0     |   |
| 1                | Kamera Panasonic Lumix DMC              | 250    | 0      | 250   | x |
| 1                | Stirnlampe Petzl Tacticca XP Adapt      | 120    | 120    | 0     |   |
| 1                | Kompaß Recta DS 40                      | 41     | 0      | 41    | x |
| 1                | Turkart Hardangervidda Vest             | 0      | 0      | 0     | x |
| 1                | Kartentasche Haglöfs                    | 93     | 0      | 93    | x |
| 1                | Sonnenbrille Adidas Evil Eye            |        |        |       | x |
| 1                | Moskitonetz Kopf                        | 40     |        |       |   |
| 1                | EKA Messer T8                           | 150    | 0      | 150   | x |
| 1                | Signalpfeife ACME                       | 10     | 0      | 10    | x |
| 1                | Handy SE C 905                          | 136    | 0      | 136   | x |
| 1                | Notizheft mit Stift                     | 60     | 60     | 0     |   |
| 1                | Buch                                    | 150    | 150    | 0     |   |
| 1                | Portemonnaie mit<br>BPA,Geld,Minischere | 250    | 0      | 250   | x |
|                  | Verbrauch                               | 5665   |        |       |   |
| 1                | Gaskartusche Primus groß                | 665    | 665    | 0     |   |
| 1                | Proviantpaket für 6 Tage                | 5000   | 5000   | 0     |   |
|                  |                                         |        | 0      | 0     |   |
|                  |                                         |        | 0      | 0     |   |
|                  |                                         |        | 0      | 0     |   |
|                  |                                         |        | 0      | 0     |   |
|                  |                                         |        | 0      | 0     |   |
|                  |                                         |        | 0      | 0     |   |
|                  |                                         |        | 0      | 0     |   |
| Zusammenfassung: |                                         | 27.107 | 22.153 | 4.954 |   |