

Guided Treks: Cederberg Southern Traverse

CLOTHING & EQUIPMENT CHECK LIST

<u>Item:</u>	<u>Qty:</u>	<u>Notes/Recommendations:</u>
<i>Mark ✓</i>		
<input type="checkbox"/> Full Shell Gear (Jacket & Pants)	1 set	First Ascent, Cape Storm, Rab, Mountain Hardwear
<input type="checkbox"/> Fleece Jacket	1	First Ascent Ice Serac or similar
<input type="checkbox"/> Fleece Pants	1	Cape Storm Pathfinder or First Ascent Trail Pants
<input type="checkbox"/> Thermal Tops and Bottoms	2 sets	First Ascent Polypropylene or Powerstretch®
<input type="checkbox"/> T-shirts (wicking)	2	First Ascent Wickdry
<input type="checkbox"/> Shirt	1	Capestorm Tecware
<input type="checkbox"/> Pants	1	Nylon trekking pants (eg: Capestorm or First Ascent)
<input type="checkbox"/> Socks – Trekking	1 – 2	Falke TK2
<input type="checkbox"/> Underwear	2 – 3	Falke or Capestorm or similar
<input type="checkbox"/> Boots – Trekking	1	La Sportiva Tibet or Montrail Torre GTX or similar
<input type="checkbox"/> Gloves – Thermal & Waterproof	1	Light weight Black Diamond or similar
<input type="checkbox"/> Gloves – Liners	1	Black Diamond Powerstretch Liners
<input type="checkbox"/> Gaitors	1	Black Diamond or Outdoor Designs
<input type="checkbox"/> Beanie (warm cap)	1	First Ascent or similar
<input type="checkbox"/> Sunglasses	1	100 UVA and UVB protection; Julbo
<input type="checkbox"/> Sun hat	1	Wide brim
<input type="checkbox"/> Backpack – Expedition size	1	80+ Litres, Osprey, Karrimor, Mountain Hardwear
<input type="checkbox"/> Duffel Bag	1	Small to medium size with clean gear for traveling
<input type="checkbox"/> Sac Liners	2	For waterproofing packs and duffels
<input type="checkbox"/> Sleeping Bag	1	First Ascent or similar rated to minus 8
<input type="checkbox"/> Sleeping bag liner	1	First Ascent or similar
<input type="checkbox"/> Sleeping Mat	1	Self-inflating Therm-A-Rest
<input type="checkbox"/> Sleeping Mat Bag	1	For protection of self-inflating mat
<input type="checkbox"/> Headlamp with spares	1	Petzl Tikka Plus or better
<input type="checkbox"/> Trekking Poles	1 set	Komperdell or Black Diamond
<input type="checkbox"/> Sun protection		
<input type="checkbox"/> Cutlery	1 set	Knife, fork spoon
<input type="checkbox"/> Water bottle or bladder system		Minimum 3 litre capacity

On guided expeditions Venture Forth supplies:

Mountaineering tents, expedition stoves, pots/cooksets and fuel bottles.

Clients can purchase all of the above equipment through Venture Forth at reduced prices.

