

	Weight (gr)	~Cost (CHF)	Comment	Total weight
<b>Cruising</b>				
Zpacks Arc Zip 57L	656	298		
Leki Cressida hiking sticks	442	140		
Petzl Tikka plus CORE accumulator	70	30		
Petzl Tikka-CORE accumulator, cheap solution=AAA (idea of accu was to be able to reload on a long trip)		30		
Euroschirm developed by Eberhard Göbel (Ulm) light trek automatic silverUV reflective	330	52		
Sunglasses/regular glasses	84			
Seat to summit and Black Diamon carabiners 3x	22			
Acme tornado whistle	4			
True Utility Bare knife	18	7		
Handkerchiefs 2x	36			
Forclaz neck bag	20			
Credit cards, medical card, ID	30		Put money in a 1l plastic bag	
<b>Total weight cruising</b>				<b>1712</b>
<b>Electronics/navigation</b>				
Samsung Galaxy S20 Ultra 5G	316			
Gaia GPS plus waypoints for the GR70		30	annual subscription	
Traildino.com has waypoints				
<a href="https://www.gpx-view.com/gpx.php?f=gr70.gpx">https://www.gpx-view.com/gpx.php?f=gr70.gpx</a> also contains waypoints				
Plastic bag for telephone				
Le Chemin de Stevenson booklet	206	17		
Chemin de Stevenson map	108	9		
Plastic shield for map + clip	20			
Timex clock	24		Always worn	
Anker 20100 mAh	461	55		
Samsung power adapter plus cables	70			
Exped fold drybag BS(brightside) for electronics XXS	20	11		
<b>Total weight electronics/navigation</b>				<b>1225</b>
<b>Sleep System</b>				
Zpacks Duplex with stakes+bag+humidity	900	510		
Therma-Rest NeoAir + anti slipping sheet	462	150		
Rab Mythic 400 sleeping bag in Seat To summit Bag. Limit -7DegC	724	530		
<b>Total weight sleep system</b>				<b>2086</b>
<b>Dresses (always worn)</b>				
Icebreaker Merino 200 Bodyfit short sleeves	208	96		
Running Room Fitwear	192			
CEP recovery pro compression socks	92	60		
Feetures socks	56	15		
ASICS Gel FUJI TRABUCO 8 Men's trail running shoes blue/orange	756	189		
Outdoor Research Hat	66	50		
<b>Total weight always worn dresses</b>				<b>1370</b>
<b>Dresses additional</b>				
Ortovox	364	210	Merino layering system	
Icebreaker Merino 175 long sleeves	210			
Perform short tight	194	30		
Outdoor Research Helium II Jacket	204	179		
The North Face Dry Vent	320	96		
Merino sleeping socks	52	8		
Buff black	42	30		
Bag vieux campeur	20			
<b>Total weight not always worn dresses</b>				<b>1406</b>
<b>Drink system</b>				
Sawyer Water Filter "Care plus"	52	35		
Waterbottle "Share" 2x	76			
Platybus 1.8 L drink system	96	16		
<b>Total weight drink system without water</b>				<b>224</b>

<b>Kitchen</b>			
Food bag	50		
Gas	258		
Esbit titanium spoon	18	18	
Titanium mug	90	50	contains up to 700ml
MSR pocket rocket 2 burner	16	46	
BIC fire lighter	12	5	
Ziplock 3liter bags (each)	12		
<b>Total weight kitchen without food</b>			<b>456</b>
<b>Bag for Medical stuff</b>	282		
important items being:			
earplugs			
vaseline creme			
superlight towel			
forclaz travel sleep mask			
Micropur drinking water disinfectant			
extra bottle cap			
<b>Total weight medical stuff</b>			<b>282</b>
<b>Various</b>			
Frilufts Canisp Cushion	32	5	
Tissues	20		
Toilet paper	25		
Masks for virus	50		
Suncream Garnier Ambre Solaire	120	15	
Anti Brumm	36	9	
<b>Total weight various</b>			<b>283</b>
<b>Total weight overall</b>			<b>9044</b>
<b>Basis weight=Overall minus worn</b>			<b>7674</b>