Check-list GR20

		Nb	Shared	Poids
	Papers			
☐	ID card	1		
☐	Insurance card	1		
☐	Checks	5		
☐	Cash			
☐	Small notebook	1		
☐	1/2 pencil	1		
	Hygiene			
☐	Soap	1		
☐	Toothpaste	1	X	
☐	Toothbrush	1	X	
☐	Lightweight microfiber towel	1		
☐	Foam ear plugs	1		
☐	Toilet paper	1		
☐	Lemongrass essential oil	1	X	
	Healing			
☐	Painkiller (Doliprane)	1	X	
☐	Anti-inflammatory (Ibuprofen)	1	X	
☐	Disinfectant	1	X	
☐	Fishnet net	2	X	
☐	Platers		X	
☐	Elastomer tape	1	X	
	Various			
☐	Safety pins	10		
☐	Small cord (clothes line, lace)	1	X	
☐	Canvas adhesive (1m)	1	X	
☐	Headlamp	1		
☐	Whistle	1	X	
☐	Survival blanket	1	X	
☐	Glasses (sun and view)	1		
☐	Hiking sticks	1		
☐	Solar cream	1	X	
☐	Compas	1	X	
☐	Maps or topoguide	1	X	
☐	Watch	1	X	
☐	Cellphone	1	X	
☐	Loader	1	X	
☐	Camera	1	X	
☐	Multifunction knife	1	X	
☐	Waterproof ZIP bags			
☐	Backpack	1		

		Nb	Shared	Poids
	Sleeping			
☐	Tent	1	X	
☐	Inflatable mattress	1		
☐	Sleeping bag	1		
☐	Silk sleeping bag liner	1		
☐	Inflatable pillow	1		
☐	Floor protection mat	1	X	
	Drink & eat			
☐	Small stove	1	X	
☐	Gas	1	X	
☐	Lighter	1	X	
☐	Mess kit	1	X	
☐	Cutlery	1		
☐	Disinfection tablets	1	X	
☐	Camelbak	1		
	Clothing *			
☐	T-shirt	1		
☐	Shorts	1		
☐	Lightweight hiking trousers	1		
☐	Warm sweet shirt	1		
☐	Windbreaker	1		
☐	Socks	2		
☐	Long boxer shorts	1		
☐	Long sleeve t-shirt	1		
☐	Canvas shoes or flip flops	1		
☐	Bonnet or Buff	1		
☐	Gloves	1		
☐	Pant	1		
☐	Hat or cap	1		
☐				
*	in addition to what is worn			
	Total weight		0	g