

## Example of NavShield minimum gear



The weights in the gear list is that of the gear shown on the photo		
<i>Minimal gear for overnight event and *day event</i>	<i>Description</i>	<i>Weight in gram</i>
<b>Individual gear</b>		
<b>Backpack</b>	55L	1700
<b>Cold weather gear*</b>	Thermal top and bottom	330
	Beannie	80
	Jacket/jumper	320
<b>Wet Weather gear*</b>		380
<b>Compass*</b>		25
<b>Whistle*</b>		10
<b>Fire starting equipment</b>	Lighter + pieces of bike inner tube	30
<b>Torch*</b>	Good quality for night walking	220
<b>Pen or pencil*</b>	+notepad	40
<b>Sleeping bag</b>	EN rated to -1°C (comfort). 800 Power down	680
<b>Food*</b>	Snack: nuts, dry fruits, seeds, lollies. Lunch: crackers (Vitawheet type), ham/salami/cheese/dried tomatoes. Dinner: noodles, soups, couscous. Breakfast: cereal bars.	~1000
<b>Water container*</b>	water bladder/bottle 1 to 3L	~1030 to 3200
<b>Total individual gear for overnight event</b>		<b>5845 (1L water) to 8015 (3L water)</b>

<b>Team gear</b>		
<b>Tent or shelter</b>	3x3m Fly (Siliconised nylon) + ground sheet (made from garbage bags)	<b>650</b>
<b>Stove and cooking equipment</b>	stove+gas	<b>340</b>
	Aluminium billy	<b>220</b>
<b>Maps*</b>	in map case or covered with contact	<b>120</b>
<b>First aid kit*</b>	2 triangular bandages, 1 compression bandage, band-aids, Paracetamol, water treatment tablets, tape for hot spots, 2 compresses, space blanket.	<b>325</b>
<b>Total team gear for overnight event</b>		<b>1655</b> <i>~830 per person team of 2</i> <i>~415 per person team of 4</i>
<b>Other gear not part of rules requirement</b>		
<b>Pack liner</b> (better than pack cover) + <b>dry bags*</b>		<i>150 to 250</i>
<b>Cup + cutlery</b> (plastic take away spoon and fork)		<i>50+6</i>
<b>Knife</b> (sharp)*		<i>40</i>
<b>Trowel</b> (snow peg on photo) + <b>toilet paper*</b>		<i>40+20</i>

Based on the above weight:

**Overnight teams with two members** could easily start NavShield carrying about **9200g per person** including 3L of water.

In a **team of four members**, the weight at the start would be **under 8800g per person**.

**Day team** could start with about **7500g**.

Starting with the minimum requirement of 1L of water would reduce this weight by 2kg.

A mattress can be added if intending to sleep out: add about 200 to 700g depending on type (closed cell foam, inflatable or self inflating) and size.

The above gear can be replaced by lighter options such as a smaller 100g gas canister or smaller and lighter backpack. Slightly heavier but cheaper options can also be considered such as a nylon fly weighing about 800g rather than 450g for silnylon or a heavier, longer and more scrub resistant rain jacket (600 to 800g).

#### Tips:

The only way to know the weight of gear is to weigh them with a scale.

Less weight=less pain.

Any item hanging out of backpack is at risk of being caught by bushes and lost. It also increases unbalance.