

THE TRAVERSE OF THE TRANSYLVANIAN ALPS KIT LIST

Introduction

This kit list covers the equipment that you will need for your mountain tour in Transylvanian Alps.

Kit List and Information

Clothing is largely a matter of personal preference but please make sure that you have tried it out in all weathers before the trip. **Most important is a correct fit – especially your boots!**

All your kit must fit into your rucksack and one holdall. I urge you to reduce your kit to the bare essentials. Please be ruthless in your decision making!

Bags/packing

Rucksack	An 'Expedition' rucksack, 60-80 litres. Recommend POD, Macpac, Lowe Alpine or similar.
Rucksack waterproof liner	Dry bag or heavy-duty plastic bag. Recommend 'Outdoor Design'.
Stuff sack(s)/dry bags	To separate clothes etc. A variety of colours and sizes.
Holdall / bag	For items not accompanying you on the walk.
Bungi cords/straps	Useful for strapping things onto rucksack.

Clothing System

- **Base Layer** (purpose is to 'wick' moisture away from body thereby keeping you dry)
Needs to be light, close fitting and comfortable

Thin socks x 2 pairs	Wool, Nylon-wool mix or meracron. No uncomfortable seams
Underwear x 2 sets	Comfortable. Preferably go for sports type bras.
Base layer vest x 2	Marino wool or synthetic – personal choice.
Long-johns x 1	Not essential, personal preference.

- **Mid layer** (purpose is to provide insulation)

Thick socks x 2 pairs	Mountain socks with no uncomfortable seams. Best buy new ones.
Leggings	Powerstretch (or similar).
Fleece midlayer x 2	Polartec (or similar). 1 or both may be worn, depending on the temperature.
Warm jacket Primaloft is ideal. Down / fleece is OK.	To be worn when camping if it is cold. Recommend: Rab, Mountain Equipment, Berghaus or similar.
Gloves	'Windstopper' type are good.

- **Outer (Shell) layer** (purpose is to provide a windproof / waterproof shell against the elements)

Boots	Leather or synthetic waterproof mountaineering / walking boots. Recommend: Scarpa Manta/Charmoz, Meindel Himalaya, La Sportiva Makalu or similar. Go for the ones that fit best.
Approach shoes	Or trainers / light walking boots. Your only other set of footwear!
Gaiters	Recommend tough, clip on traditional-style gaiters.
Waterproof Jacket	Goretex / Event material or similar. Needs to be robust with large map pocket, storm cuffs and a wired hood.
Waterproof Overtrousers	As above
Hat	Warm & windproof.
Sun hat	Must provide protection for ears and back of neck
Scarf	Head-over (neck gaiter) e.g. Polar Buffs are good.
Sun glasses/	Good quality UVA and UVB block with side protection

Sleeping

Sleeping bag	A light '3 or 4 season' bag is ideal, preferably down.
Bivi Bag	Breathable (Goretex or similar) Expensive but essential. The simpler & lighter, the better.
Sleeping mat	Full length closed cell foam roll mat or Thermarest inflatable type. If latter, take repair patches and glue.

Cooking and tent living

Tent	Lightweight 2 or 3 man tent, (depending on tent groups). 3 x 2 man tents or 2 x 3 man tents.
Strong plastic bowl	For eating.
Mug x 1	Lightweight.
Spoon x 1	Lightweight.
Pen-knife 1/tent	Preferably with good blade, scissors/nail file and tin opener.
Head-torch x 1	Ultra-light LED will be fine.
Water bottle or Camel Back	1 litre minimum, 2 litres is better
Thermos Flask	1 litre minimum, stainless steel. Optional
Pot scourer 1/tent	Green scratchy one, small.
Fire steel 1/tent	Always works, learn how to use it and make it personally identifiable as only 2 or 3 types on the market.
Mending kit 1/tent	Mini sewing kit plus safety pins, velcro, spare buckles, glue and patches
Tent booties	Optional
Glasses case	Strong enough to sit on without damaging your glasses. (Also case for goggles – can be made from old ice cream carton!)
Line	Elastic washing line for inside your tent
Emergency rations	Not more than 500g. Only for REAL emergencies or end of the Expedition.

Toiletries (can be shared to save weight)

Bag	Use the smallest stuff sac you can find.
Towel	Small
Flannel	Optional
Soap	Small bar. In plastic ziplock bag

Toothpaste	1 x 50ml tube will do.
Toothbrush	Some keen mountaineers saw the handles off to reduce weight.

Medical

You should bring a small personal first aid kit (plasters for blisters etc). Always keep the directions for any drugs you may need with your kit.

Please let me know if you need any regular medication.

Pain killers	Paracetamol and Ibuprofen.
Antiseptic Cream	Small tube e.g. Savlon or Sudocrem.
Fungicidal cream	e.g. Canesten for feet and if you are prone to thrush.
Sun screen	High factor UVA and UVB protection. Screw lids are more secure.
Moisturiser	For chapped face, hands and everything. Nivea/ E45 are good.
Lip balm	Sunscreen or sunblock type.
Zinc Oxide tape	1 roll, non-elastic, as wide as possible. (if not allergic to it)
Blister kit	Moleskin/second skin/ compeed.
Elastoplast	Or a selection of different sized plasters.
Throat lozenges	<i>A few, e.g. Strepsils.</i>
Tubigrip	<i>If you are prone to knee or ankle problems.</i>

Miscellaneous

Walking poles	Optional but recommended.
Camera	Most people take small compact cameras rather than SLRs. It is up to you.
Film/memory card	Optional.
Batteries for cameras	Remember that these run down faster in cold conditions.(Lithium ones last significantly longer if your camera takes AA batteries)
Spare glasses (if worn)	In a robust case. Contact lens wearers should also take a pair of glasses
Compass	Silva - type 4 is best.
Map case	Ortlieb - the only map case that actually works.
Whistle	Plastic, on a string.
1 x 16' sling	For protecting exposed chain sections
1 x HMS carabiner	For protecting exposed chain sections