

Packing List Kamerun

1) CAMPING



Item	Brand / Model	Weight [g]
1 Tent	Big Agnes Seedhouse SL 2	1.500
2 Tent groundsheet	Polycro	70
3 Hammock	Amazonas Traveller	350
4 Mosquito net	Sea2Summit Nano	160
5 Silk liner	MEC	222
6 Insulated sleeping mat	Robens Vapour	425
7 Head pillow	Packraft seat	130

TOTAL: 2.847 g

2) KITCHEN



Item	Brand / Model	Weight [g]
1 Pot	Tatonka Edelstahl	164
2 Lid	DIY	11
3 Cup	Berghaferl	47
4 Spoon	Spork Titan	20
5 Long spoon	Plastik	3
6 Lighter	Generic	9
7 Firesteel	Lightmyfire	13
8 Knife	Opinel Mini	9
9 Pot gripper	Generic	47
10 Spirit Burner	DIY	7
11 Windbreak	Titanfolie	15
12 Spirit		350
13 Water disinfection	Micropur 90 L	10
14 Water filter	Sawyer Mini	50
15 Foldable Bottle 2,5	Packrafting-store.de	29
16 Plastic bottle		43
17 FoodClip		3

TOTAL: 666 g

3) CLOTHES



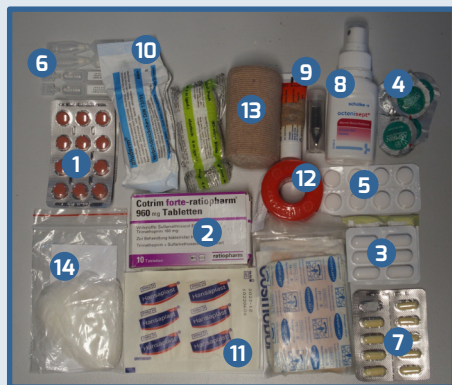
Item	Brand / Model	Weight [g]
1 Long trousers	Fjell Raven	365
2 Long trousers	Mountain Equipment	280
3 Long pants	Four Seasons	100
4 Long sleeve shirt	Hiko SHADE PLUSH LS	190
5 Long sleeve shirt	MEC	230
6 Merino T-Shirt	Icebreaker	140
7 Merino T-Shirt	Icebreaker	92
8 Basecap	Berghaus	48
9 Headnet	Generic	20
10 Underwear	Generic	150
11 Rain jacket	Montane Minumus	260
12 Trail runner	Salomon X Ultra 4	740
13 Sandals	Crocs Classic All Terrain	500
14 Sunglasses	Generic	40
TOTAL:		3.412 g

4) HYGIENE



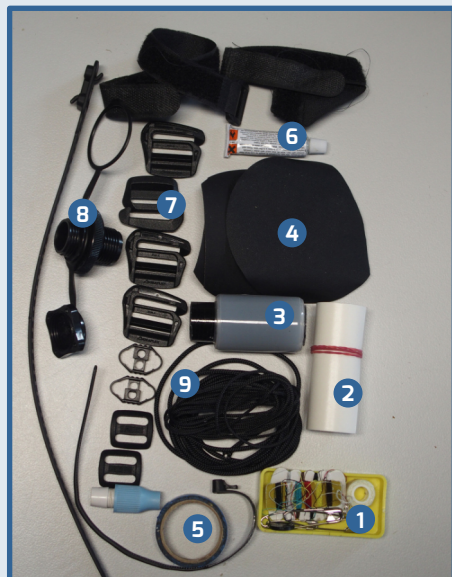
Item	Brand / Model	Weight [g]
1 Breath spray		37
2 Toothbrush		13
3 Toothpaste		25
4 Organic soap	Trek & Travel	30
5 Cellulose		35
6 Shaver		4
7 Sunscreen		90
8 Mosquito repellent	NoBite	127
9 Towel		22
10 Dropax		1
11 Glasses/case		63
12 Contact lens solution		170
13 Contact lenses		14
14 Contact lens case		5
15 Tweezers		3
TOTAL:		639 g

5) FIRST AID



Item	Weight [g]
1 Malaria tablets	15
2 Antibiotics	20
3 Ibuprofen 600	15
4 Aspirin	8
5 Paracetamol	8
6 Eye drops	6
7 Diarrhoea medication	2
8 Disinfection	45
9 Wound ointment	13
10 Bandages	16
11 Plasters/compresses	30
12 Leukoplast	15
13 Support bandage	42
14 Gloves	12
TOTAL: 247 g	

6) REPAIRS



Item	Brand / Model	Weight [g]
1 Sewing kit		27
2 Tape 1	Patchngo	20
3 Tape 2	Tesa	30
4 Tape 3	Anfibio LifePatch	25
5 Tape 4	Generic	7
6 Liquid PU	Aquasure	6
7 Plastic parts	Divers	50
8 Valves	Anfibio	36
9 Reep cords	Generic	15
TOTAL: 216 g		

7) ELECTRONICS



Item	Brand / Model	Weight [g]
1 Powerbank	Nitecore	154
2 Powerbank small	Pyur	60
3 Mobile phone	iPhone	166
4 Lens	Wolfilms	94
5 Plug		25
6 Uni Cable		15
7 USB Stick		8
8 Camera	Olympus	374
9 Charger	Olympus	114
10 Tripod	Gorillapod	87
11 Headlamp	Nitecore	46
12 Selfie stick		100
13 Drone	Mavic Air 2	1500
TOTAL:		2.743 g

8) DOCUMENTS



Item	Weight [g]
1 Travel, vaccination passports	75
2 Credit cards, etc.	30
3 Cash	
4 Boarding pass	
5 Notebook	80
6 Map	40
TOTAL: 225 g	

9) PACKRAFT



Item	Brand / Model	Weight [g]
1 Boat	Anfibio Revo XL	3000
2 Floor mat	Anfibio Revo XL	730
3 Paddle	Anfibio Smash	987
4 Hand pump	Anfibio	100
5 Fin	Anfibio	85
6 Inflation Bag	Anfibio	100
TOTAL:		5.002 g

10) SAFETY



Item	Brand / Model	Weight [g]
4 Life jacket	Anfibio Buoy Boy	390
5 Helmet	Hiko Bukaroo	340
6 Salvage line	Anfibio Multileash	70
7 Throw bag	Anfibio RescueLine	270
8 Rescueknife	Palm River Knife	40
9 Whistle	Hiko	5
10 Emergency card	Anfibio	
11 Riversignals	Anfibio	
TOTAL:		1.115 g



11) FOOD

800g/2500kcal per person per day

8 - 10 days

7.200 g

*Picture is the quantity for 2 persons!

1,2 kg	Breakfast	(muesli, milk powder)
4,2 kg	Lunch	(bread, cheese/sausage, fruit bars, nuts, chocolate)
1,85 kg	Dinner	Travellunch trekking food

12) TRANSPORT



Item	Brand / Model	Weight [g]
1 Backpack	Hyperlite Mountain Gear Windrider 4400	1083
2 Cover bag	Anfibio Deckpack	288
3 Pack sack	Anfibio	86
4 Mobile case	Anfibio	35
5 Fanny pack	Tatonka	40
TOTAL:		1.532 g

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EVERYTHING		Weight (g)
1	Camping	2857
2	Kitchen	666
3	Clothing	3412
4	Hygiene	639
5	First Aid	247
6	Repairs	216
7	Electronics	2743
8	Documents	225
9	Packraft	5002
10	Safety	1115
11	Food	7200
12	Transport	1532
TOTAL:		25.854 g

