

Sam Lipscombe :: Atacama Crossing 2006 Kit List

Item	Supplier / Type	Price	Supplier	Purchased	Notes
Backpack		£35.99		Yes	Specialist Backpack to fit the Rhino Suit
Sleeping Bag	PHD Minimus	£139	Buncup.com	Yes	Purchased for the Marathon des Sables
Headlamp	Any / Petzl	~£30		Yes	
Compass	Any Smallest Available	~£20		Yes	
Safety Pins					
Knife	Leatherman Squirt	~£50		Yes	
Wistle			Buncup.com	Yes	
Survival Blanket			Buncup.com	Yes	
Baseball Cap/Legionnaire Cap		~£10 - £20		Yes	
Windproof Jacket	Raidlight Mountain Run Top	€ 49	Raidlight	Yes	Ultralight windproof top
Long Nylon Tights	Adidas Mens Response Tight	£27.99	On the run	Yes	
Running Trail Shoes		£89.99	Local Sports Shop	Yes	Local shop ordered shoe to fit my style of running and that is 2 sizes bigger to compensate for heat/swelling
Fleece Cap					
Gloves					
Blister Aid Kit	Compeed / Mycropore Tape	£4.99	Buncup.com	Yes	
Running Top	Helly Hansen Versa Trailwizard	£33.24	Wiggle	Yes	
Sleeping Pad	Thermarest Light - Full length			Yes	Purchased for the Marathon des Sables
Trekking Polls	Any	~£30		Yes	
Socks	Sealskinz and Injiji's	£18.99+	Wiggle and injiji.com	Yes	
Buff	Any	~£10		Yes	Purchased for the Marathon des Sables
Gaiters		€ 25	Raidlight	Yes	
Hydration System					
Flip Flops	Nike	£14	Local Store	Yes	Slip on not ones with "pole" in between the big and first toe
Lip Sunscreen					
Sunscreen					
Cooking Pots					
Eating Utensils					
Tissues					
Wet Wipes					
Toothbrush & Toothpaste					
Watch					
Mp3 Player					
Camera					
St Georges Cross Patches x6					