



Water – no doubt you have made some effort to plan your route so you should have a good idea as to whether there are water sources around. Purification tablets weigh less than water – in Britain you are not likely to be far from water or help so don't panic. Use collapsible water bottles or buy some water from the supermarket. Metal water bottles are very heavy indeed and use up space even when empty.

Clothes – what you wear contributes to your fatigue but I, personally hate being cold. To save weight I tend to carry my thermals and wear my heavier shell layers when walking. My spare clothes weigh about 1000g.

Obviously we need a few essentials and this will depend on your opinion but it might include:

- Torch (30g)
- Compass (20g)
- Map (10g)
- Phone (100g – incredible, I know)
- 1<sup>st</sup> Aid – be sensible. Don't be tempted to use your fleeces as bandages should the worst come to worst, they do not absorb liquid, that's the point (I reckon 200g).

A few little tips to shave off those extra ounces could include:

- Cut your map to size.
- Use thinner gloves and put your hands in your pockets more often.
- Avoid the 'Russian Doll' effect. I have seen so many 'organised' people hefting out stuff sack after stuff sack. 6 stuff sacks weighs 200g – I checked (don't forget the toggle and the string). You're camping – what else are you going to do in the evening? Liven things up by trying to find your missing items! This also applies to your sleeping bag and tent – just shove them in. Makes for a nicely packed rucksack.
- Don't wash – I'm serious. Who cares? Soap, spare socks, toothpaste all add up.
- Don't be tempted to put in an emergency bivvi bag – you have a tent.

So, by my reckoning all camping equipment required for one night should weigh a maximum of 7540g – call 8000g for luxuries such as chocolate, tea/coffee and maybe a mug and that leaves you with 7000g spare for your climbing equipment, plenty.

As I said – the most important thing is a shift in your thinking. You *do* have to think it is important to weigh all your possessions just out of interest but be assured; not hefting huge amounts of excess weight around enhances your experience in the hills significantly. Since becoming a 'lightweight' I have never looked back.

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