

LIFE WITH 6 KILOS

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LIFE WITH 6 KILOS



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What are you hoping to take away
from this session?

LIFE WITH 6 KILOS

- Philosophy
- What to bring
- Gear reviews
- How to pack it
- Your input
- Helpful resources

PHILOSOPHY

- No right or wrong.
- Various perspectives.

**Travelling right doesn't always mean
travelling light.**

OPPOSITE EXTREMES

MONDO ENDURO

- Comfort of not having a lot of gear
- Security of travelling with a lighter load

LONG WAY 'ROUND

- Comfort of knowing that you haven't left anything behind
- Security of having everything that you could possibly need

WHAT TO PACK

Full packing list available at



www.SmilesAndMiles.com/Resources

WHAT TO PACK

- Make a list
- Consider weight
- Shopping on the road
- Shipping on the road

WHAT TO PACK

“The more you know the less you need.”

Australian Aboriginal saying

TOP GEAR

Eagle Creek Packing Cubes

- Colours
- Sizes
- Mesh



TOP GEAR

Mobile Phone

- Applications (language, currency, first aid, emergency contacts, games)
- Books
- Audio
- Video
- Internet
- Notes and photos



TOP GEAR

Exped Down Mat

- Comfort
- Warmth
- Compression



TOP GEAR

Leatherman Multi-Tool

- 30 Styles and sizes



Motion Pro Tool

- Metric or standard



TOP GEAR

Original Buff Neck Tube

- Merino wool
- Versatile



BALACLAVA



HOOD



FACE MASK



NECKERCHIEF



HEADBAND



HAIRBAND



CAP

TOP GEAR

Red Oxx Shopping Bags

- Virtually indestructible
- 12 colours



TOP GEAR

Small Aloksak Storage Bag

- Element-proof
- Just the right size



TOP GEAR

German Army Rain Poncho

- Element-proof
- Unbelievably stylish



TOP GEAR

Sena Intercom SMH10

- Bluetooth
- Music sharing
- Advanced noise control



EQUIPMENT DUDDS

North Face Base Camp Duffel

- No moisture protection
- Colour fade



EQUIPMENT DUDS

Medium & Large Aloksak Storage Bags

- Punctures
- Difficult to open and seal



HOW TO PACK STUFF

- Hard vs. Soft Bags
- Protection from the elements
- One trip to the room
- Minimize unpacking & re-packing
- Personal space
- Practice
- Adjust

SUMMARY

- What's your tolerance (weight, convenience, comfort, security)
- Make a list
- Invest in gear (or not)
- Protect your stuff
- Practice and adjust
- One trip to the room

RESOURCES

- HU Achievable Dream DVDs
- Adventure Motorcycling Handbook by Chris Scott
- Touratech.com
- Adventure-Spec.com
- Onebag.com
- SmilesAndMiles.com

RESOURCES

Roundtable Discussion
Saturday