



Fastpacking Essentials

Make a list and check it thrice! Strive for simplicity, non duplication, light weight and functionality.

- Backpack
- Butane-propane cartridge stove, fuel, pot, cup, spork (to save weight, for short trips especially, some fastpackers forego the stove and "dry camp.")
- Navigation (map and compass, GPS, smartphone)
- Fire starter, lighters in waterproof container
- Shelter (tent, tarp or bivy sack)
- Sleeping pad
- Sleeping bag or quilt (down is best for its compressibility and warmth-to-weight ratio)
- Trekking poles
- H₂O and purification method
- Headlamp (spare batteries)
- Satellite-communication device
- Food/nutrition
- Apparel/footwear
- Personal items (first aid, toothbrush/paste, tp, baby wipes, sunglasses)
- Medical/repair kit (athletic/duct tape, knife, gauze, ibuprofen, neosporin, blister/chafing salve)

More resources: backpackinglight.com,
andrewskurka.com

skin slick

WWW.SBRSPORTSINC.COM

Skin Slick

MSRP: \$10.99

SKIN SLICK is the only continuous spray skin lubricant on the market. This "new generation" in the skin lubricant category, is packaged in a small 1.5 oz sized travel can with a twist lock, and has been successfully used in the endurance market since 2008 under the brand name "TRISLIDE." SKIN SLICK when sprayed directly on the skin, is anti-chafe, anti-blister, anti-friction and will also prevent strap and seam irritation. Water & sweat resistant, the silky feel of SKIN SLICK is only removed with the combination of soap and water. SKIN SLICK will not melt, crumble and has no odor. The hygienic spray, is a no mess, easy to use, safe to share solution to irritated skin. SKIN SLICK acts as a second skin and puts a barrier between you and what is rubbing you raw!

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