



Category	Weight	
CLOTHING	1425	g
EQUIPMENT	3069	g
FOOD	4048	g
Total	8542	g
Consumable	4048	g
Worn	1037	g
Base Weight	3457	g

List Description (Markdown supported)

Here is a list of items to outline what a typical list would look like for MDS The Legendary which takes place over 6-stages of self-sufficiency in the Sahara desert. The only things provided are a place to sleep, called bivouac, and this is shared with 7 other people. Water is provided.

CLOTHING			Weight		qty
WAA Hat	Description		65	g	1
Oakley Sunglasses	Clifden w/ great eye protection		40	g	1
Buff or similar	Description		34	g	1
T shirt	You may want long sleeves?		85	g	1
Shorts/ Skort	Simple and light shorts		156	g	1
Wind jacket	Windproof		79	g	1
Underwear	Description		60	g	2
Socks	Injinji toe socks very popular		58	g	2
Run shoes	Hoka Speedgoat is the most popu		270	g	2
WAA Gaiters	Essential sand protection		35	g	1
Nordisk	Down jacket		155	g	1
			1425	g	14

EQUIPMENT			Weight		qty
WAA Ultrabag	Description		640	g	1
Sleeping Bag	Wilsa MDS bag		440	g	1
Mat	Sea to Summit		340	g	1
Pillow	Sea to Summit		60	g	1
Mug	Titanium		89	g	1
Stove	Description		88	g	1
Water bottle	Description		77	g	2
Headtorch	Black Diamond Spot 400		45	g	1
Batteries	AAA x 6		18	g	6
Camp shoes	by Z Packs		53	g	1

Foot Care Kit	by MyRaceKit	136	g	1
Gurney Goo	Anti chafe	88	g	1
Personal hygiene	Tooth brush, toilet paper, etc	249	g	1
Compass	Description	32	g	1
Knife	Description	22	g	1
Matches/ lighter	Description	20	g	1
Space blanket	Description	60	g	1
Safety pins	Description	5	g	1
Sun Cream	Description	80	g	1
Blindfold	Description	15	g	1
Ear plugs	Description	5	g	1
Whistle	Description	8	g	1
Signal Mirror	Description	12	g	1
12 Knorr cubes	Description	8	g	12
200 euro note	Description	3	g	1
Roadbook	Description	63	g	1
Topical disinfectant	Description	45	g	1
Spot Tracker	Description	113	g	1
		3069	g	45

**FOOD**

		Weight	qty
Breakfast	Dehydrated meal	118 g	7
Dinner	Dehydrated meals	157 g	6
Snacks per day	Mixed snacks per day	380 g	6
		4048 g	19