

Gear List for Hikes

Items marked with * are optional; they'll make hiking more comfortable. Items marked with a † are recommended. The rest are ESSENTIAL — without them you're in danger!

Two changes of clothes (warm tops, T-shirts, track pants — at least one top should be wool or polarfleece) <input type="checkbox"/>	Personal first aid kit (with lots of bandaids or Leukoplast to prevent blisters) <input type="checkbox"/>
Undies <input type="checkbox"/>	Matches (in a waterproof container, carried on person) <input type="checkbox"/>
Shorts (optional) <input type="checkbox"/>	Whistle (carried on person) <input type="checkbox"/>
Pair of sturdy boots, worn in <input type="checkbox"/>	Small pocketknife* <input type="checkbox"/>
Four sets of woollen socks (wool is warmer than cotton; 2 thick, 2 thin) <input type="checkbox"/>	Drink bottle/s (at least 1.5L) <input type="checkbox"/>
Gaiters (if you have them) * <input type="checkbox"/>	Toilet paper (≈ ¼ roll in ziplock bag) <input type="checkbox"/>
Thermal underwear (if you have it) † <input type="checkbox"/>	MEDICATION <input type="checkbox"/>
Sun hat <input type="checkbox"/>	Garbage bags (use one as a pack-liner if necessary; the tent, clothes and sleeping bag should be in separate bags, and carry at least one spare) <input type="checkbox"/>
Wool or fleece hat and gloves <input type="checkbox"/>	3 or 4 plastic shopping bags (for rubbish and wet/dirty gear) <input type="checkbox"/>
Rain coat <input type="checkbox"/>	“Scroggin” (i.e., “trail mix” of nuts, sweets, dried fruit, chocolate) <input type="checkbox"/>
Overtrousers † <input type="checkbox"/>	Lunch for first day <input type="checkbox"/>
Sleeping bag (warm) <input type="checkbox"/>	Own breakfast rations <input type="checkbox"/>
Warm clothes for sleeping in <input type="checkbox"/>	Food (as assigned) <input type="checkbox"/>
Sleep mat <input type="checkbox"/>	Tent (if assigned) <input type="checkbox"/>
Groundsheet <input type="checkbox"/>	Trangia or other stove (if assigned) <input type="checkbox"/>
Toiletries (toothbrush, paste, soap, facewisher, comb, small towel) <input type="checkbox"/>	Fuel (if assigned) <input type="checkbox"/>
Small torch (spare batteries if needed) <input type="checkbox"/>	Compass (if assigned) <input type="checkbox"/>
Own sunscreen <input type="checkbox"/>	Small trowel (strong plastic is best) (if assigned) <input type="checkbox"/>
Eating gear (plate, bowl, mug (plastic is lighter than metal), cutlery) <input type="checkbox"/>	Other gear (as assigned) <input type="checkbox"/>
A couple of chux superwipes <input type="checkbox"/>	GPS (if assigned) <input type="checkbox"/>
Pencil and paper/notebook * <input type="checkbox"/>	
Small camera * <input type="checkbox"/>	

This is for a standard two-night (3-day) hike. For shorter/longer hikes adjust the clothing quota. Please pack carefully. Softer items should go against your back, and lighter items (e.g., sleeping bag) should go at the bottom of the pack. Items that you want quick access to should be in the outside pockets. Make sure everything is waterproof. Consider using a ziplock bag for toiletries. Don't take more than you have to because ... YOU have to CARRY it!