



# WHAT TO PACK FOR YOUR HIKING ADVENTURE

## SURVIVAL ESSENTIALS

- EMERGENCY BEACON
- FIRST AID KIT
- MOBILE PHONE
- PORTABLE CHARGER
- CHARGING CORDS
- MAP
- GPS
- COMPASS
- TORCH
- BATTERIES
- EMERGENCY MEAL
- HYDRALITES

## SLEEPING GEAR

- TENT
- TENT FOOTPRINT
- SLEEPING MAT
- SLEEPING BAG
- SLEEPING BAG LINER
- PILLOW (OPTIONAL)

## COOKING EQUIPMENT

- BACKPACKING STOVE
- FUEL
- POT SET
- MATCHES AND LIGHTERS
- BIODEGRADABLE SOAP
- SMALL CLOTH
- BOWL
- MUG
- SPOON
- UTILITY KNIFE

## WHAT TO WEAR

- THERMALS
- SOCKS (EXTRA WARM PAIR)
- UNDERWEAR
- LINEN OR MERINO T-SHIRT / LONG SLEEVE
- SHORTS/HIKING PANTS/TIGHTS
- FLEECE JUMPER
- DOWN JACKET
- WATERPROOF JACKET
- WATERPROOF PANTS
- BEANIE
- GLOVES
- HIKING BOOTS

## HYGIENE ESSENTIALS

- SHOVEL
- TOILET PAPER
- HAND SANITISER
- BAMBOO WIPES
- TOOTHBRUSH
- TOOTHPASTE
- ROLL-ON DEODORANT
- SUNSCREEN
- INSECT REPELLANT
- SPF LIP BALM

## MISCELLANEOUS ITEMS

- RE-USABLE SILICONE ZIP-LOCK BAGS
- WATERPROOF BAGS
- WATER PURIFIER (OR TABLETS)
- WATERPROOF PACK COVER
- HIKING POLES
- SUNGLASSES
- HAT
- WATER BLADDER / BOTTLES X 2
- MICRO FIBRE TOWEL
- CAMERA
- DAY PACK (OPTIONAL)
- CARDS (OPTIONAL)
- BOOK (OPTIONAL)