

HIKING PACKING CHECKLIST

HIKING CLOTHING

- Hiking pants
- Hiking top
- Fleece mid-layer
- Down jacket
- Wind and water proof outer shell
- 2 x merino socks
- Hiking boots

CAMP / SLEEPING CLOTHING

- Thermal merino top
- Thermal merino bottom
- Merino wool socks
- Camp shoes

ACCESSORIES (Day and Night Use)

- Beanie
- Buff
- Gloves

SHELTER

- Hiking tent
- Tent footprint
- Sleeping mat
- Sleeping bag and thermal liner
- Hiking pillow

FOOD

Breakfast

- Oats
- Dried fruit and nut
- Tea bags or coffee satchels

Lunch

- Muesli / Protein bar
- Dried fruit and nut
- Chocolate bar (bring extra for after dinner)

Dinner

- Soup sachet
- Pasta
- Chorizo and / or cheese

COOKING EQUIPMENT

- Gas cooker
- Cooking pots (Small and large)
- Gas canister
- Spork
- Multi-tool stanley knife
- Lighter and matches

SAFETY EQUIPMENT

- Headlamp
- Extra batteries
- First Aid Kit
- Emergency Blanket
- GPS/safety beacon (location dependant)
- Repair kit (tent, sleeping mat etc)
- Water filtration system

BACKPACK

- Hiking specific backpack
- Packable daypack