

Hiking Check List

What to take and do?

- * It is important not to take too much gear
- * It is important to match the clothing/gear to the weather
- * Think about what you **will** need, not what you **want**
- * Practice packing your pack
- * Practice carrying your pack
- * Practice walking with your pack on
- * Get used to the shoes/boots you will be wearing
- * If you think you require additional equipment, please check with your leader
- * Personal equipment?
- * This list is a guide in helping you make your own choices

The Check List

Equipment List	Taken	Not Used
First Aid Equipment		
Night Equipment		
Hygiene Equipment		
Cooking Equipment		
Day Equipment		
Winter Equipment		
Summer Equipment		
Menu - pre pack meals		

First Aid Equipment		
Band-aids		
Fixomull Tape		
Antiseptic		
Safety Pin		
Elastic Roller Bandage		
Asprin / Panadol		
Personal Medication		

Night Equipment		
Tent		
Sleeping Bag		
Sleeping Mat		
Torch, spare globe and batteries		
Groundsheet		

Hygiene Equipment		
Scrubber		
Soap		
Toilet Paper		
Small Plastic Shovel		
Hand Towel		

Things to leave at Home	Not Taken
Hunting Knives	
Radio's, MP3 Players, etc	
Electronic Entertainment	
Chewing Gum	

Cooking Equipment	Taken	Not Used
Stove		
Matches		
Fuel for Stove		
Pot, Pan, Billy		
Knife Fork Spoon		
Cup		
Water Bottles		

Day Equipment		
Boots		
Socks (+ spares)		
Underclothes		
Shirt		
Shorts		
Jumper		
Water Bottle		
Food Snacks		

Winter Equipment		
Thermal Tops		
Thermal Leggings		
Coat		
Beanie		
Waterproof Pants & Jacket		
Warm Socks		
Jeans		
Gloves		
Jumper		

Summer Equipment		
Shorts		
Sneakers		
Light Socks		
T-Shirt		
Sunscreen		
Hat		