

PERSONAL GEAR CHECKLIST FOR A OVERNIGHT HIKE



For this hike you will need a back pack

Sleeping Stuff

- Sleeping Bag
- Bed Roll or a hiking mattress

- Pillow (Optional)

Toiletries

- Tooth brush
- Tooth Paste
- Roll on Deodorant
- towel

Mess Kit

- Knife
- Fork
- Spoon
- Dinner Plate (Plastic / Enamel / Aluminium)
- Bowl (Plastic / Enamel / Aluminium)
- Cup / Mug (Plastic / Enamel / Aluminium)

Small First Aid Kit

- Band Aids
- Antiseptic Powder or wipes

**Cloths to wear in layers
try and pack light**

- Underwear X 2
- Socks X 3 Pairs
- Shorts X 1
- T-shirt X 1
- Jumper X 1
- Raincoat or Parka
- Shoes X 1 pair (good walking shoes)
- Hat / Cap
- Beanie (Optional)

Other Stuff

- Torch (Check batteries)
- Sunscreen
- Roll on Insect Repellent
- Water Bottle at least 600ml
- handkerchiefs / Tissues

Food for hike

- Morning tea day 1
- Lunch day 1
- Afternoon tea day 1
- Dinner Day 1
- Break fast day 2
- Morning tea day 2
- Lunch day 2
- Afternoon tea day2

these are only suggestions

- Fruit bar/ Fruit
- pre Packed sandwich
- sgroggin / fruit
- a cook in a pot meal
- cerial / pikeletts
- fruit bars ect
- pre packed sandwich
- fruit bars / sgroggin ect

Things Not To Bring

- Matches
- Aerosol cans (use roll ons only)

NOTE:

This gear is only for a 1 night hike
the number of items required will depend on the following factors:

- The length of the camp
- The weather
- Hike or Standing Camp
- For this hike you will need a proper hiking back pack