



MULTI-DAY WALK PACKING LIST

✓	QTY
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* optional gear

GEAR



- ☐ ☐ Tramping pack
- ☐ ☐ Pack liner
- ☐ ☐ Tent/shelter, if required
- ☐ ☐ Sleeping bag
- ☐ ☐ Sleeping mat

MEDICAL



- ☐ ☐ Any personal medication
- ☐ ☐ Sun screen, lip balm and insect repellent
- ☐ ☐ Toiletries i.e. toothbrush
- ☐ ☐ First aid kit and survival blanket

FOOD



- ☐ ☐ Filled water bottle
- ☐ ☐ Bowl*, cup and spoon
- ☐ ☐ Meals and snacks
- ☐ ☐ Cooker, gas and pot

SURVIVL



- ☐ ☐ Torch or head lamp and spare batteries
- ☐ ☐ Firelighting tools i.e. lighter, flint etc
- ☐ ☐ Suitable form of communication i.e. mobile phone, two-way radio, PLB
- ☐ ☐ Map, compass and whistle
- ☐ ☐ Pocket knife

CLOTHING/ACCESSORIES



- ☐ ☐ Sunglasses
- ☐ ☐ Sun hat
- ☐ ☐ Gloves
- ☐ ☐ Beanie
- ☐ ☐ Underwear
- ☐ ☐ Nylon shorts
- ☐ ☐ Wool or polyprop thermal tops
- ☐ ☐ Wool or polyprop thermal pants
- ☐ ☐ Wool or polyprop socks
- ☐ ☐ Trousers or long pants
- ☐ ☐ Polar fleece or woolen top
- ☐ ☐ Waterproof jacket
- ☐ ☐ Waterproof pants*
- ☐ ☐ Tramping boots or suitable shoes
- ☐ ☐ Lightweight shoes for around camp*

MISC.*



- ☐ ☐ Camera
- ☐ ☐ Gaiters
- ☐ ☐ Cards/games
- ☐ ☐ Walking poles

