













## MULTI-DAY WALK PACKING LIST

	<b>√</b>	QTY	* optional gear
	$\bigcirc$		Tramping pack
A GEAR	$\bigcirc$		Pack liner
	$\bigcirc$		Tent/shelter, if required
	$\bigcirc$		Sleeping bag
	$\bigcirc$		Sleeping mat
# MEDICAL	$\bigcirc$		Any personal medication
	$\bigcirc$		Sun screen, lip balm and insect repellent
	$\bigcirc$		Toiletries i.e. toothbrush
	$\bigcirc$		First aid kit and survival blanket
FOOD	$\bigcirc$		Filled water bottle
	$\bigcirc$		Bowl*, cup and spoon
	$\bigcirc$		Meals and snacks
	$\bigcirc$		Cooker, gas and pot
SURVIAVL SURVIAVL	$\bigcirc$		Torch or head lamp and spare batteries
	$\bigcirc$		Firelighting tools i.e. lighter, flint etc
	$\bigcirc$		Suitable form of communication i.e. mobile phone, two-way radio, PLB
	$\bigcirc$		<del>-</del>
			Map, compass and whistle  Pocket knife
	0		Sunglasses
	0		Sunglasses Sun hat
10	0000		Sunglasses Sun hat Gloves
RIES	0000		Sunglasses Sun hat Gloves Beanie
SSORIES	00000		Sunglasses Sun hat Gloves Beanie Underwear
CESSORIES	000000		Sunglasses Sun hat Gloves Beanie Underwear Nylon shorts
ACCESSORIES	00000000		Sunglasses Sun hat Gloves Beanie Underwear Nylon shorts Wool or polyprop thermal tops
HING/ACCESSORIES			Sunglasses Sun hat Gloves Beanie Underwear Nylon shorts Wool or polyprop thermal tops Wool or polyprop thermal pants
OTHING/ACCESSORIES			Sunglasses Sun hat Gloves Beanie Underwear Nylon shorts Wool or polyprop thermal tops Wool or polyprop thermal pants Wool or polyprop socks
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
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
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
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*
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
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*
SC.* 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* Camera
MISC.* 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* Camera Gaiters
MISC.* 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* Camera