



MULTI-DAY WALK PACKING LIST

 QTY

* 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

SURVIVAL


- 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