

Organising/Preparing

- Route Planning
- Packing List

Route Planning

Packing List

A high-level packing list template that can be used when preparing for a hike. Not all trips will need all equipment listed here, and some trips may need additional equipment. This is meant as a starting point, not an exhaustive list.

Carry Gear

- ☐ Pack (65-80L)
- ☐ Pack liner
- ☐ Pack rain cover
- ☐ Day pack (20L)

Day Clothing

- ☐ Top
 - ☐ Thermal top
 - ☐ Lightweight midlayer
 - ☐ Midweight softshell
 - ☐ Puffer jacket
 - ☐ T-shirt
 - ☐ Gloves and glove liners
- ☐ Bottom
 - ☐ Hiking pants
 - ☐ Long-johns
 - ☐ Gaiters
 - ☐ Hiking shoes
- ☐ Underwear
 - ☐ Socks
 - ☐ Liners
 - ☐ Underwear
- ☐ Wet weather

- ☐ Waterproof jacket
- ☐ Waterproof overpants
- ☐ Headwear
 - ☐ Buff
 - ☐ Sunhat
 - ☐ Beanie
 - ☐ Sunglasses

Camp Clothing

- ☐ Thermal top
- ☐ Long-johns
- ☐ Camp attire
 - ☐ Top
 - ☐ Socks
 - ☐ Underwear
 - ☐ Trousers
 - ☐ Camp shoes/sandals

Food

- ☐ Breakfast
- ☐ Lunch
- ☐ Dinner
- ☐ Extra snacks/contingency food
- ☐ Rubbish bags

Sleeping Gear

- ☐ Sleeping bag
- ☐ Sleeping mat
- ☐ Pillow
- ☐ Sleeping bag liner
- ☐ Tent

Cooking Set

- ☐ Spork
- ☐ Bowl
- ☐ Gas canister
- ☐ Stove
- ☐ Mug
- ☐ Lighter
- ☐ Chux or small towel
- ☐ Cooking pot
- ☐ Water boiling pot
- ☐ Knife

Water

- ☐ Water bottle
- ☐ Water bladder
- ☐ Water filter
 - ☐ Particle filter
 - ☐ Sterilisation tablets

Toiletries

- ☐ Toilet kit
 - ☐ Toilet paper
 - ☐ Hand sanitiser
 - ☐ Shovel
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Deoderant
- ☐ Wet wipes
- ☐ Soap
- ☐ Sunscreen
- ☐ Towel

- ☐ Insect repellent
- ☐ Comb/brush
- ☐ Kula cloth
- ☐ Personal medications

First Aid Kit

- ☐ Space blanket
- ☐ Pressure bandage
- ☐ Snake bandage
- ☐ Non-stick gauze dressing
- ☐ Triangular bandage
- ☐ Butterfly clips or tape
- ☐ Elastoplast
- ☐ Band-aids
- ☐ Blister dressing/moleskine
- ☐ Antiseptic cream
- ☐ Safety pins
- ☐ Scissors
- ☐ Tweezers
- ☐ Pain relief
 - ☐ Paracetamol
 - ☐ Ibuprofen
- ☐ Whistle
- ☐ Cold and flu tablets
- ☐ Antihistamine
- ☐ Gastrostop
- ☐ Reusable cable-tie

Technology

- ☐ PLB
- ☐ Battery pack
- ☐ Phone

- ☐ Headtorch
 - ☐ Batteries
- ☐ Compass
- ☐ GPS
- ☐ Camera
- ☐ Map

Misc

- ☐ Playing cards
- ☐ Book