

# 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

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