

Hiking Gear List - A Guide

Used?

<u>Item</u>	<u>Quantity</u>	<u>Weight</u>	<u>Packed</u>	<u>Comments</u>	
Pack					
Sleeping Bag					
Sleeping Bag Liner					
Sleeping Mat					
(Inflatable) Pillow					
Space Blanket					
Tent					
Fly					
Poles					
Pegs					
Groundsheet					
First Aid Kit					
Emergency Kit					
Compass					
Map					
Torch					
Spare Batteries					
Matches					
Firelighters					
Puirtabs or similar					
Medication as req.					
Sunscreen					
Insect Repellant					
Deodorant					
Toothbrush & Paste					
Foot Powder					
Lip Balm					

Toilet Paper					
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Small Towel					
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Stove					
Fuel					
Cutlery					
Mug/Cup					
Plates/Bowls					
Water Bottles					

Raincoat					
Boots					
Gaiters					
Socks					
Underwear					
Singlet/Thermal Top					
Shirt					
Pants					
Jumper					
Handkerchief					
Sunglasses					
Gloves					
Hat &/or Beanie					

Breakfast x 2					
Lunch x 2					
Dinner					
Snacks					
Scroggin					
Water					
Rubbish Bags					

Other Items					

TOTAL: