



DAY WALKING

Gear List

Day walking is a great way to escape the daily grind and immerse yourself in the wilderness. The relaxation that comes from the sights, sounds and smells makes it worth every effort. But you never know what Mother Nature has in store so use this gear list to make sure you have everything you need, even if only for a day.

CLOTHING & FOOTWEAR

- Long sleeve shirt (ideally quick dry)
- T-Shirt
- Shorts/Pants (ideally quick dry)
- Wicking underwear
- Rain jacket
- Fleece jacket
- Neck gaiter
- Boots/Shoes
- Sandals
- Socks
- Gaiters
- Sun hat

If it's cold, add in...

- Rain pants
- Gloves
- Beanie
- Scarf
- Thermals

PERSONAL ITEMS

- Lip balm with SPF
- Sunscreen
- Insect repellent
- Hand sanitiser
- Basic first-aid kit
- Travel towel
- Toilet paper
- Sanitation trowel
- Sunglasses

WALKING ESSENTIALS

- Map & compass
- Headlamp with spare batteries
- Waterproof matches or lighter
- Waterproof container
- Multi-tool or pocket knife
- Food plus an extra day's supply
- Whistle & signalling mirror
- Water bottle
- Water purification tablets

OTHER GEAR

- Binoculars
- Camera, case & charger
- Trekking poles
- Mobile phone or PLB
- Cups & utensils
- Trip itinerary left with friend
- Route description or guide book

PACKS & BAGS

- Day pack
- Dry bag (for wet/soiled clothes)
- Pack rain cover