



HIKING

Gear List

Keen to feel the rugged terrain of a backcountry trail under your feet? Whether you're taking off overnight or you're up for a multi-day trek, it's important to make sure you've got everything you need. Pack light but pack smart, because even the tightest plans can get blown away by Mother Nature. This gear list is the first step in your hiking adventure.

CLOTHING & FOOTWEAR

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

If it's cold, add in...

- Down jacket
- Fleece pants
- Gloves
- Beanie
- Scarf
- Thermals

PERSONAL ITEMS

- Toiletry bag
- Toothbrush & toothpaste
- Biodegradable soap
- Lip balm with SPF
- Sunscreen
- Insect repellent
- Hand sanitiser
- Basic first-aid kit
- Travel towel
- Toilet paper
- Sanitation trowel
- Sunglasses

HIKING 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 bottles
- Water purification tablets
- Tent & repair kit
- Sleeping bag
- Sleeping mat
- Small amount of money

PACKS & BAGS

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

OTHER GEAR

- Binoculars
- Camera, case & charger
- Trekking poles
- Head net
- Mobile phone or PLB
- Plastic bags for rubbish
- Trip itinerary left with friend
- Watch with altimeter
- Packable lantern
- Route description or guide book
- Permits
- Nylon cord
- Mallet
- Travel pillow
- Washing up basin, utensils & detergent
- Tea towels
- Mosquito net
- Fishing gear
- Plastic buckets
- Fire wood
- Cups & utensils
- Stove & fuel
- Cooking set
- Tarp
- Camp table & chairs
- Music player & charger