

What will I need for HIKING?



- Hiking Tent, Bivy or Hoochie
- Ground Sheet (nylon or plastic)
- Seam Sealer/Wax Stick
- Aluminium Tent Pegs
- Tent Repair Kit
- Nylon Guy Ropes

- Torches/Head Lamp
- Batteries/Globes
- Camera/Film
- Backpacking Trowel
- Card Games/Books
- Note Pad/Pen/Diary

- First Aid Kit/Book
- Sewing Kit
- Emergency Blanket
- Emergency Cylume Stick
- Waterproof Matches
- Emergency Whistle
- Compass
- Maps and Mapcase
- Pegless Clothes Line
- Panadol and required medications
- Tissues/Toilet paper
- Deodorant
- Shaver
- Suncream
- Toiletries/Cosmetics/Comb
- Saltwater Soap/Shampoo/Travel Towel

- Stove (fuel or cartridge)
- Lantern (fuel or cartridge)
- Spare Cartridges/Fuel
- Spare Mantles
- Cook Set - Trangia
- Knife/Fork/Spoon Set
- Can Opener
- Sharp Knife/Pocket Knife
- Garbage Bags
- Plastic Plates/Mug/Bowl
- Detergent
- Tea Towel/Sponge

- Specialised Sleeping Bag
- Inner Liner
- Self Inflating or Foam Matt
- Pillow (down or inflatable)

- Freeze Dried/ Dehydrated Food
- Energy Snacks - lollies, chocolate, nuts, dried fruit
- Tea/Coffee/Milo
- Powdered or Long Life Milk
- Sugar
- Oil - cooking
- Cereal
- Muesli Bars
- Red Cordial - for tummy bugs
- Sauces/Jams
- Purification Tablets/Pumps
- Required Water
- Water Carriers / Bladder Bags

- Day wear
- Sleep wear
- Swim wear
- Good Quality Hiking Shoes
- Reef Style Sandals
- Thermals
- Wool Blend Socks
- Rain wear or Poncho
- Hat
- Sunglasses
- Fly Veil
- Mozzie Repellant
- Gaiters

YOUR SPECIAL EXTRAS:

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