

# Hike Packing List

Clothing	Other Stuff
<ul style="list-style-type: none"> <li>1 – Comfortable hiking pack (55 litres)</li> <li>1 – Wind protection</li> <li>1 – Rain protection</li> <li>1 – Long pants</li> <li>1 – Shirt per day</li> <li>1 – Pair of shorts</li> <li>1 – Pair of socks per day</li> <li>1 – Set of underclothes per day</li> <li>1 – Pair of walking shoes</li> <li>1 – Sleeping bag</li> <li>1 – Self inflating air mattressTent if required</li> </ul>	<ul style="list-style-type: none"> <li>Matches (placed in a waterproof container)</li> <li>Sunscreen</li> <li>First Aid Kit</li> <li>Gas or Hexi Stove</li> <li>Toilet Paper if required</li> <li>Small hike shovel</li> <li>Mess kit (including plate, bowl, knife, fork, spoon, tea towels, small pot scourer, dish washing liquid)</li> <li>Toiletries (toothbrush, soap)</li> <li>Torch (and enough batteries)</li> <li>Hat (full brimmed)</li> </ul>

No aerosol bottles permitted. Please bring roll-on, wipe on, or pump action bottles only.