

HIKING GEAR LIST

In general gear should be as comfortable as possible, as light as possible and as warm as necessary based on the time of year. The following is a general guide:

SLEEPING GEAR

1. Tent
2. Sleeping Bag (at least -50 for winter, 00 for summer)
3. Sleeping Mat
4. Pillow (inflatable)

CLOTHING

1. While hiking during the day

- 1.1 Hiking boots
- 1.2 Socks (2 pairs, one for hiking, one for evening camp. If your feet sweat a lot, then 1 pair of fresh socks per day)
- 1.3 Hiking shorts (with build in briefs) / Zip-off hiking pants
- 1.4 Hiking shirt (usually short sleeve, highly breathable)
- 1.5 Briefs if preferred (two briefs for trip)
- 1.6 Buff
- 1.7 Hat

2. Evening at Camp

- 2.1 Thermal top – as base layer, should be skin tight, can also be used for start of day hiking if it is very cold, to wear over hiking shirt
- 2.2 Second layer top – mid-weight fleece or wool or very thin down pullover
- 2.3 Third layer jacket – warm synthetic or down, preferably windproof and waterproof
- 2.4 Running shorts with build in briefs to sleep in
- 2.5 Thermal tights / fleecy track suit pants
- 2.6 Beanie
- 2.7 'Hut booties' – outdoor slipper kind of shoes for walking around camp

3. Other

- 3.1 Sunglasses
- 3.2 Gaiters (optional)
- 3.3 Gloves (in really cold conditions)

4. Raingear

- 4.1 Rain jacket (10000+ waterhead)
- 4.2 Rain pants (also as windproof layer for evenings)

FOOD

1. Coffee / Tea & sugar (2/3 per day)
2. Morning – Kellogg's sustain cereal (100g) / quick Oats + Salami (50g)
3. Snacks through the day - One small tin of chicken or Tuna + 1 Packet of 2 minute noodles + 1/2x protein bar/s (±80g/day) or like + small cheese + Twiggy stick + 1 instant soup (winter)
4. Dinner – pasta with mince / Corned beef and rice / Yirros and rice / Smash and rice + pudding
5. Extras - Electrolytes for water bottles + emergency energy gels + salt tablets if needed

COOKING / EATING GEAR

1. Camping Stove & Fuel
2. One or two hiking pots
3. Cutlery (Plastic spoon/spork, small bowl, cup, small knife)
4. 2x Water bottles (cycling kind)
5. Water bladder (2/3L capacity)
6. Lighter

PERSONAL CARE & HYGIENE

1. Travel towel (Small / Microfibre)
2. Sunscreen
3. Bug repellent
4. Loo Paper
5. First Aid/ Survival Kit (including plasters and blister plasters and anti-histamine tablets)
6. Toothbrush & Toothpaste
7. Lip Balm
8. Small Spade for 'toilet'
9. Bio-degradable soap

BACKPACK

- Waterproof or with rain cover
- Men 70L plus, women 50-70L

Men can carry up to a third of their own weight (if you are in condition), and women a quarter.

OTHER

1. Map
2. Water purification tablets
3. Headlamp (Torch)
4. Small camping lantern
5. Extra batteries

