General Hiking Gear List: Johan Roux

*In general gear should be as comfortable as possible, as light as possible and as warm as necessary based on the time of year. Green can be provided if needed, yellow is on you:*

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| **Backpack** | **Sleeping Gear** | **Other** |
| * Waterproof or with rain cover
 | 1. Tent | 1. Map |
| * 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.* | 2. Sleeping Bag (at least -50 for winter, 00 for summer) 3. Sleeping Mat4. Pillow (inflatable) | 2. Water purification tablets3. Headlamp (Torch) 4. Small tent light if needed5. Extra batteries |
|  |  |  |
| **Cooking / Eating Gear** | **Personal care & hygiene** |  |
| 1. Camping Stove & Fuel | 1. Travel towel (Small / Microfibre) | 2. Toothbrush & toothpaste |
| 2. One or two hiking pots | 3. Sunscreen | 4. Lip balm |
| 3. Cutlery (Plastic spoon/spork, small bowl, cup, small knife) | 5. Bug repellent | 6. Small spade for ‘toilet’ |
| 7. Loo Paper | 8. Bio-degradable soap |
| 4. 2x Water bottles (cycling kind) | 9. First Aid/ Survival Kit (including plasters and blister plasters and anti-histamine tablets) |
| 5. Water bladder (2/3L capacity) |
| 6. Lighter |
|  |  |  |
| **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 (±60 - 80g/day) or like + small cheese + Salami 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  |
|  |
| **Clothing** |  |  |
| **1. While hiking during the day** | **2. Evening at camp** |  |
| 1.1 Hiking boots | 2.1 Thermal top – as base layer, should be skintight, can also be used for start of day hiking if it is very cold, to wear over hiking shirt |
| 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 / Zip-off hiking pants | 2.2 Second layer top – midweight fleece or wool or very thin down pullover2.3 Third layer jacket – warm synthetic or down, preferably windproof and waterproof2.4 Running shorts with build in briefs to sleep in |
| 1.4 Hiking shirt (usually short sleeve, highly breathable) 1.5 Briefs if preferred (two briefs for trip) |
| 1.6 Buff (goes around neck) |
| 1.7 Hat |
|  | 2.5 Thermal tights / fleecy track suit pants2.6 Beannie |
| **3. Other** |
| 3.1 Sunglasses | 2.7 ‘Hut booties’ – outdoor slipper kind of shoes for walking around camp (optional) |
| 3.2 Gaiters (optional) |
| 3.3 Gloves (in really cold conditions) |  |
|  | **4. Raingear** |
|  | 4.1 Rain jacket (10000 waterhead plus) |
|  | 4.2 Rain pants (also as windproof layer for evenings) |