

# 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

- Tent
- Sleeping bag (at least -50 for winter, 00 for summer)
- Sleeping mat
- Pillow (inflatable)

## CLOTHING

### While hiking during the day

- Hiking boots
- Socks (2 pairs; 1 for hiking and 1 for evening camp. If your feet sweat a lot, then 1 pair of fresh socks per day).
- Hiking shorts (with build in briefs) / zip-off hiking pants
- Hiking shirt (usually short sleeve, highly breathable)
- Briefs (2 for trip)
- Buff
- Hat

### Evening at camp

- 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
- Second layer top – mid-weight fleece or wool or very thin down pullover
- Third layer jacket – warm synthetic or down, preferably windproof and waterproof
- Running shorts with built in briefs to sleep in
- Thermal tights / fleecy track suit pants
- Beanie
- 'Hut booties' – outdoor slipper kind of shoes for walking around camp

### Other

- Sunglasses
- Gaiters (optional)
- Gloves (in really cold conditions)

### Raingear

- Rain jacket (10,000+ waterhead)
- Rain pants (also as windproof layer for evenings)

## FOOD

- Coffee / tea & sugar (2 to 3 per day)
- Morning – Kellogg's sustain cereal (100g) / quick oats + salami (50g)
- Snacks through the day - 1 small tin of chicken or tuna + 1 packet of 2-minute noodles + 1 or 2 protein bars (±80g/day) or like + small cheese + twiggy stick + 1 instant soup (winter)
- Dinner – pasta with mince / corned beef and rice / yiros and rice / smash and rice + pudding
- Extras - electrolytes for water bottles + emergency energy gels + salt tablets if needed

## COOKING / EATING GEAR

- Camping stove & fuel
- 1 or 2 hiking pots
- Cutlery (plastic spoon/spork, small bowl, cup, small knife)
- 2 water bottles (cycling kind)
- Water bladder (2 to 3L capacity)
- Lighter

## PERSONAL CARE & HYGIENE

- Travel towel (small / microfibre)
- Sunscreen
- Bug repellent
- Toilet paper
- First aid/ survival kit (including band-aids, blister band-aids, antihistamine tablets)
- Toothbrush & toothpaste
- Lip balm
- Small spade for 'toilet'
- 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

- Map
- Water purification tablets
- Headlamp (torch)
- Small camping lantern
- Extra batteries

