

Check List

What you take from this list will depend on type of activity, when and where the trip occurs, whether a day or overnight activity. Additional items will be required for specialised trips eg skiing, cycling, li-loing.

FOR ALL TRIPS

Gear:

- | | |
|---|--|
| <input type="checkbox"/> backpack | <input type="checkbox"/> pack liner |
| <input type="checkbox"/> map | <input type="checkbox"/> compass |
| <input type="checkbox"/> emergency blanket | <input type="checkbox"/> whistle |
| <input type="checkbox"/> small torch | <input type="checkbox"/> matches / lighter |
| <input type="checkbox"/> 1-2 litre water container (full) | |

Toiletries:

- | | |
|---|--|
| <input type="checkbox"/> sunblock cream | <input type="checkbox"/> sand peg / trowel |
| <input type="checkbox"/> lip balm | <input type="checkbox"/> toilet paper |

Clothes:

- | | |
|--|---|
| <input type="checkbox"/> trousers or ski type pants | <input type="checkbox"/> shorts |
| <input type="checkbox"/> shirt | <input type="checkbox"/> fleece or woollen pullover |
| <input type="checkbox"/> balaclava / beanie | <input type="checkbox"/> thermal underwear |
| <input type="checkbox"/> mittens/gloves(essential in snow) | <input type="checkbox"/> handkerchief |
| <input type="checkbox"/> socks | <input type="checkbox"/> boots or runners |
| <input type="checkbox"/> gaiters | <input type="checkbox"/> sunhat / sunglasses |
| <input type="checkbox"/> overpants (scrub / wind-rain) | <input type="checkbox"/> waterproof hooded jacket |

First aid :

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> bandaids, various sizes | <input type="checkbox"/> Leucoplast |
| <input type="checkbox"/> Pressure bandage (snake bite) | <input type="checkbox"/> safety pins |
| <input type="checkbox"/> triangular bandage | <input type="checkbox"/> analgesics |
| <input type="checkbox"/> anti-histamine | <input type="checkbox"/> scissors |
| <input type="checkbox"/> personal medications | <input type="checkbox"/> tweezers |

Optional extras:

- | | |
|---|--|
| <input type="checkbox"/> pack cover | <input type="checkbox"/> fire lighters |
| <input type="checkbox"/> insect repellent | <input type="checkbox"/> repair kit (sewing kit, wire etc) |
| <input type="checkbox"/> mittens /gloves | <input type="checkbox"/> nylon cord (8m) |
| <input type="checkbox"/> scrub gloves | <input type="checkbox"/> mobile phone |
| <input type="checkbox"/> pocket knife | <input type="checkbox"/> GPS |
| <input type="checkbox"/> camera | <input type="checkbox"/> PLB |
| <input type="checkbox"/> tea candle | <input type="checkbox"/> water filter/purifying tablets |

ADDITIONAL FOR OVERNIGHT TRIPS

Gear:

- | | |
|---|---|
| <input type="checkbox"/> tent and fly (could be shared) | <input type="checkbox"/> tent poles |
| <input type="checkbox"/> tent pegs and guys | <input type="checkbox"/> sleeping mat |
| <input type="checkbox"/> sleeping bag | <input type="checkbox"/> sleeping bag inner |

Cooking Gear:

- | | |
|---|---|
| <input type="checkbox"/> stove and fuel | <input type="checkbox"/> billy (one or two) |
| <input type="checkbox"/> billy lifters | <input type="checkbox"/> scouring pad |
| <input type="checkbox"/> water bag / wine bladder (2-4 L) | <input type="checkbox"/> bowl |
| <input type="checkbox"/> mug | <input type="checkbox"/> spoon |

Toiletries and Clothing:

- | | |
|---|--|
| <input type="checkbox"/> toothbrush, toothpaste | <input type="checkbox"/> underwear and change of clothes |
| <input type="checkbox"/> towel-small microfibre | |