

# Checklist

This is a checklist of everything that I would consider for a hike plus some extra suggestions. Use this as a guide and tailor it for your own personal needs and the needs of the adventure you are perusing.

## Day Hikes

Day bag  
Moonbag  
Camera and batteries  
(film/memory stick)  
Binoculars  
Animal or plant guide  
Permits, map and trail guide  
Paper and pencil  
Torch or headlamp  
(even for a day hike it is a good idea to take small torch should you get caught in the dark)  
Knife or multi-tool  
Sunglasses  
Trekking pole  
Auxiliary cord (handy for fixing or keeping things together)  
Cash  
Watch  
(keep track of your progress)  
Boots or hiking shoes & socks  
Gaiters  
Rain jacket or warm top  
Hat or cap  
Sandals  
Swimwear  
Whistle  
Water bottle  
Sunscreen  
Lip balm  
Waterless hand cleaner  
Insect repellent

## Overnight Hikes

For an overnight hike also take the following

### Camping & Shelter

Backpack & Rain cover  
Sleeping bag and inner  
Foam mat or air mat & pillow  
Tent (Pegs, poles, ground/fly sheet)

### Cooking

Stove & gas/fuel  
Matches or lighter  
Pot or pan  
Plate or bowl & mug  
Cutlery or Spork  
Water bottles  
Can opener  
Salt & sugar  
Plastic bag for rubbish  
Washing sponge and drying cloth  
Dishwashing liquid (biodegradable)  
Ziploc bags  
Water purifying tablets  
Washing pegs (very handy to peg packets that have been opened)

### Miscellaneous

GPS & batteries  
Map & compass  
ID, cash, passport, visa, vaccination certificates

## Clothing

Boots or hiking shoes & socks  
Gaiters  
Trousers/shorts  
Shirts/T-shirts  
Rain jacket & trousers or poncho  
Warm Jacket  
Beanie, balaclava, buff, hat or cap  
Sandals  
Gloves

## Toiletries

Towel, washcloth  
Soap & shampoo  
(citronella)(biodegradable)  
Toilet paper & spade  
Toothbrush & paste (chewing gum)  
Deodorant  
Shaving kit & mirror  
Sunscreen & lip balm  
Wet wipes  
Vaseline

## Girls...

Hairbrush (a girls toy hairbrush is a good idea because they are small)  
Hand cream (put some in a small container, just enough for the time you will be away)  
Nail clipper & file (If you have long nails this might be a good idea should you hook a nail)

## First aid

Plasters, bandages, gauze  
Moleskin dressings for blisters  
Small sponges and elastoplasts for blisters  
Burn dressing  
Sunburn lotion  
Scissors and tweezers  
Surgical gloves  
Safety pins  
Rubber bands  
Personal medication  
Malaria tablets  
Painkillers  
Antiseptic  
Antihistamine  
Anti-diarrhoea  
Muscle relaxing ointment  
Anti-inflammatories  
Eye drops  
Thermometer  
Snake bite kit  
First aid manual  
Isotonic powder  
Space blanket

## Emergency

Mirror & whistle (signaling)  
Fire starter, candle and waterproof matches  
Space blanket & survival bag  
Cable ties & duck tape