

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