

# Hike Gear List



*All gear should be kept light weight*

Clothes

long sleeved shirts x 2,

long trousers light weight

Jumper woollen ( keeps in warmth when wet)

Track suit pants (for sleeping in)

Hike Boots ( good tread, supporting ankles)

Swimmers , light weight wet shoes, Shammy towel, Shady hat

Sleeping Bag and inner if you have one!

Hike Tent

Hike Matt

Torch, beanie

Water Bottles

Rain coat light weight

Garbage Bag

Light weight cooking stove

Hike mess kit gear (half tea towel & cleaning pad)

Tooth Brush, Roll on deodorant,

Personnel Medical

Roller bandage, band aids, headache tablets etc

Food Suggestions

Breaky: Cereal or Bars with condensed milk in a tube

Snacks: Scumption (mix of nuts, dried fruit & chocolate)

Health bars, choc bars

Lunch: dried biscuits or lavish bread, with light weight spreads

Tea: dehydrated hike meals

Desert: dehydrated desserts

Drinks: Tang satchels, water, tea, coffee, hot chocolate.

Extras: cuppa soups, minute noodles.

Lollies are allowed on hike for energy.