

Lotsafreshair's Day Hike Checklist

Note: This is a rough guide only and what you need will vary depending upon the area, terrain, season, weather and other factors. Check with the National Parks Office or experienced hikers for the area if in doubt.

Day Pack (mine is 25L)	
Pack Liner / Dry Bag / Garbage Bags (to keep things dry)	
Raincoat	
First Aid Kit (incl. personal medication & emergency blanket)	
Lunch	
Snacks for morning & afternoon tea (and to nibble when needed!)	
Toilet Paper (incl. sanitary items, hand sanitiser + shit shovel)	
Map in case and compass (+ track notes)	
Water (sufficient for the conditions) - I always take a minimum of 2 litres.	
Mobile Phone (a waterproof case is handy!)	
GPS	
Sunhat	
Fire Lighting Kit	
PLB (Personal Locator Beacon)	
Head Torch (+ spare batteries)	
Notepad and pen/pencil	
Whistle	
Sunscreen	
Insect Repellent	
Beanie/Hat	
Clothing / Warm layers appropriate to conditions (Down Jacket / Merino / Thermals)	
Camera	
Chapstick	
Hankie	
Sunglasses	

For off-track/more adventurous trips

Gaiters	
Scrub Gloves	
Safety Glasses	