**What to Pack for An Overnight Hike**

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| **Home away from Home** |
| **Backpack** | 45-60 Litres (the smaller, the lighter with less stuff = happy walker) |  |
| **Waterproofing** | Dry bags are good or two good quality garbage bags inside each other. This is weather or creek crossing dependent. |  |
| **Tent or Shelter** | Lightweight hiking tent 1-2 person. If sharing, split the parts up between you to save weight. Super lightweight alternative is going tarp/fly only options and stringing them between trees or using hiking poles. |  |
| **Ground Sheet or Tent Footprint** | Not essential unless you’re using a fly only option. Good for protecting the floor of your tent though! |  |
| **Sleeping Bag** | Suitable to the season and temperature |  |
| **Sleeping Bag Liner (silk or merino)** | Not essential, but good for keeping your bag clean (from your dirty body) and for adding a few degrees of warmth. |  |
| **Sleeping Mat** |  |  |
| **Pillow (Luxury Item)** | I just stuff my jacket and clothes into my sleeping bag stuff sack and use that as my pillow. |  |
| **Kitchen** |
| **Stove & Gas** | Unless you plan on cooking on a fire, but good to have one in a group for a safety backup. |  |
| **Billy, Spoon, Fork, Knife & cup** | Make the knife something decent to cut cheese/salami with, like Swiss Army style. |  |
| **Empty wine bladder** | Or other containers for gathering water from rivers and transporting back to camp. |  |
| **Food** | Lightweight (ie. no cans) Breakfasts, Lunch, Dinners + snack as necessary for the number of days. |  |
| **Fire Lighting Kit** | Waterproof matches, flint, cigarette lighter, lighting cheats like cottonwool soaked in vaseline, etc |  |
| **Clothes** |
| **Rain Jacket** |  |  |
| **Waterproof Pants** |  |  |
| **Clothes to suit the season** | Beanie, Down Jacket, Fleece, Thermals, Spare pair of socks, underwear, gloves. Bright colours are best for safety! |  |
| **Sun hat** |  |  |
| **Handkerchief** | Much better than tissues in the wild |  |
| **Camp Shoes** | I take a pair of Crocs to wear around camp, super lightweight and nice to get out of my walking shoes at the end of the day. |  |
| **Safety & Survival** |
| **Personal Locator Beacon** |  |  |
| **First Aid Kit (inc Emergency Blanket)** | And know how to use it :-) |  |
| **Whistle** |  |  |
| **Emergency Food** |  |  |
| **GPS** |  |  |
| **Mobile Phone** | Don’t forget to waterproof it. Think about carrying a SIM of different phone carriers depending on the region you’re travelling in. |  |
| **Map & Compass** | And know how to use them :-). Keep map inside waterproof holder. |  |
| **Water** | The amount will depend on the weather forecast and conditions or if you can gather water along the way in creeks and rivers… in which case you will also need a water purifying method as well |  |
| **Accessories/Miscellaneous** |
| **Sunglasses** |  |  |
| **Camera** |  |  |
| **Toilet Paper** | Plus hand sanitiser, tampons, etc |  |
| **Chapstick** | Strawberry is my favourite |  |
| **Head torch & spare batteries** |  |  |
| **Notepad & Pen/Pencil** | In a Ziploc bag |  |
| **Fly Veil** | For places you know have high fly/mosquito rating! |  |
| **Toothbrush & Paste** |  |  |
| **Sunscreen** |  |  |
| **Insect Repellent** |  |  |
| **Medications** |  |  |
| **Gaiters** |  |  |
| **Device Battery recharger** | eg. UNU, etc |  |

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| **Advanced/Exploratory/Off-track PLUS** |
| **Scrub Gloves** | Gardening gloves to protect your hands |  |
| **Safety Glasses** | To protect my eyes if going off-track |  |
| **Handline/tape** | To assist with rock scrambling, etc |  |