**What to Pack for a Day Hike**

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| **Backpack** | My current one is 25 litres which is heaps! |  |
| **Waterproofing** | Dry bags are good or two good quality garbage bags inside each other. This is weather or creek crossing dependent. |  |
| **Rain Jacket** | If the forecast is good, I’ll just take a light spray jacket |  |
| **Waterproof Overpants** | Weather dependent |  |
| **First Aid Kit (inc. Emergency Blanket)** | And know how to use it :-) |  |
| **Fire Lighting Kit** | Waterproof matches, flint, cigarette lighter, lighting cheats like cottonwool soaked in vaseline, etc |  |
| **Food** | Lunch and Snacks |  |
| **Toilet Paper** | Plus hand sanitiser, tampons, etc |  |
| **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 |  |
| **Sun hat** |  |  |
| **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. |  |
| **GPS** |  |  |
| **Camera** |  |  |
| **Handkerchief** | Much better than tissues in the wild |  |
| **Chapstick** | Strawberry is my favourite |  |
| **Head torch + spare batteries** |  |  |
| **Notepad & Pen/Pencil** | In a Ziploc bag |  |
| **Personal Locator Beacon** |  |  |
| **Whistle** |  |  |
| **Sunscreen** |  |  |
| **Sunglasses** |  |  |
| **Insect Repellent** |  |  |
| **Clothes to suit the season** | Hat, Down Jacket, Fleece, Thermals, etc |  |
| **Medications** | You normally take |  |

**continued...**

**Advanced/Exploratory/Off-track PLUS**

|  |  |  |
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| **Gaiters** | Terrain Dependent, good for snake protection too! |  |
| **Scrub Gloves** | Gardening gloves to protect your hands |  |
| **Safety Glasses** | To protect my eyes if going off-track |  |
| **Emergency Food** | Just in case |  |
| **Handline/Tape** | For assisting with rock scrambling, etc. |  |