

Overnight walk packing checklist

PACK

- * LINER / COVER (TO KEEP THINGS DRY)
- * LIGHT SHOULDER BAG (FOR SIDE TRIPS)

GROUNDSHEET

- * TENT / TARP / BIVVY BAG / MOZZIE NET
- * SAND PEGS

SLEEP MAT

SLEEP BAG / LINER SHEET

% STOVE

% FUEL

% POT(S)

% LIGHTER

% CHUX / TEA TOWEL / WILDERNESS WASH

BOWL / MUG

SPOON / FORK / SPORK

* KNIFE

* CHOP BOARD

WATER BOTTLE / BLADDER (2-3L)

WATER BAG 4-6L

TORCH

WHISTLE

SMALL FIRST AID KIT FOR BLISTERS & PERSONAL MEDICATION ^

% SUNSCREEN

LIP BALM

% TROWEL

% TOILET PAPER

TOOTHBRUSH / TOOTHPASTE

* READING BOOK

* BINOCULARS

* BIRD BOOK / PLANTS BOOK

* CAMERA

* SPARE BATTERIES

* REPAIRS – LACES / SEAM GRIP / DUCT TAPE

* SIT MAT (A PIECE OF FOAM MAT FOR CAMP)

* TOWEL (SMALL)

* SANDALS (FOR AROUND CAMP)

* BUFF

* GLOVES

* COAT (FOR RAIN AND WIND)

* THERMAL LEGS / UNDIES / LONG PANTS

BEANIE

THERMAL TOP / T-SHIRT

FLEECE / WINDSTOPPER

* WALK POLES (REDUCE STRESS ON KNEES)

BOOTS

SOCKS

GAITERS / BOOT COVERS (FOR SAND/BURRS)

SHORTS OR LONG PANTS

LS SHIRT

HAT / SUNGLASSES

WALLET

CAR KEYS

& MAPS / MAP CASE

& COMPASS / GPS

& TRACK NOTES

& SAT PHONE # / PLB

SAMPLE MEALS

BREAKFAST

MUESLI 90G SERVE / PORRIDGE ¾ CUP

MILK POWDER (PRE-MIX INTO CEREAL)

COFFEE OR TEA BAG

LUNCH

MTN BREAD / CRACKERS

AVOCADO / TOMATO / CUCUMBER

CHEESE 40G SERVE

FRUIT – APPLE / ORANGE

-OR-

SALMON / TUNA WITH COUSCOUS

-OR-

PRE-MADE SANDWICH OF YOUR CHOICE

SNACKS

GATORADE (FOR ELECTROLYTES)

MUESLI BARS

FRUIT & NUT TRAIL MIX 150G SERVE

TEA / HOT CHOCOLATE

CHOCOLATE

DINNER

DEHYDRATED MEAL (FROM LONE DINGO)

KEY TO SYMBOLS:

TEST/REPLACE BATTERIES WHEN PACKING

^ CHECK FIRST AID SUPPLIES

* OPTIONAL ITEMS

% SHARE THESE ITEMS TO REDUCE WEIGHT

& LEADER TO ORGANISE AND CARRY