

## Hiking Essentials

- ☐ Tent (one-person)
- ☐ Backpack (65 litre +)
- ☐ Sleeping bag ☼
- ☐ Sleeping mat (Suitable to fit in backpack) ☼
- ☐ Headlamp with spare batteries
- ☐ Toilet paper ☼
- ☐ [Food ☼ \(link\)](#)
- ☐ Water (min 2 litres)
- ☐ Bottles/water bladder (3-litre capacity)
- ☐ Water purification tablets ☼
- ☐ First-aid Kit (see below) ☼
- ☐ Rubbish plastic bag x 2
- ☐ Sunglasses

## Hygiene

- ☐ Hand sanitiser
- ☐ Toothbrush & toothpaste
- ☐ Hair brush
- ☐ Body/baby wipes
- ☐ Menstrual products

## Personal & If Required

- ☐ Prescription glasses (Bring a spare if you need them all day)
- ☐ Prescription and allergy medication ☼
- ☐ Mobile phone (If allowed on hike, it is only for photos and safety)
- ☐ Phone charger (for longer hikes)

## Duke Of Edinburgh Award

- ☐ Way of recording DOE report info and ideas

## **Cooking**

- ☐ Hiking stove (fuel or gas)
- ☐ Fuel or gas
- ☐ Pot (also your plate)
- ☐ Plastic cup (hot drinks)
- ☐ Eating utensils (Light and strong)

## **Clothing & Footwear**

- ☐ Hiking top (quick dry)
- ☐ Hiking shorts/pants/leggings (ideally quick dry)
- ☐ Underwear (quick dry)
- ☐ Rain jacket or poncho
- ☐ Fleece jacket ⚙
- ☐ Hiking socks (Wool or bamboo preferred)
- ☐ Hiking boots or Shoes (Comfortable and non-slip)
- ☐ Camp shoes e.g. Crocs
- ☐ Camp/sleep t-shirt/top ⚙
- ☐ Camp/sleep shorts or pants ⚙
- ☐ Sun hat
- ☐ Bandanna

## **Cold / Wet Weather**

- ☐ Thermal top ⚙
- ☐ Thermal bottoms ⚙
- ☐ Beanie ⚙
- ☐ Thin gloves
- ☐ Large bin liner (to line pack)
- ☐ Dry sacks (to keep camp clothes and tech dry)
- ☐ Dry or feet emergency socks ⚙

## ☐ **First-Aid Kit ⚙**

- ☐ Ibuprofen
- ☐ Paracetamol
- ☐ Small bandage
- ☐ Cream for hiking (stings, infection, numbs area ect...)
- ☐ Blister treatment (Fixomul from chemist)



Scissors



Insect repellent



Items with a sun ☀, MUST be kept dry in a dry sack