



EQUIPMENT CHECKLIST

DAYWALKS

Carry enough to be comfortable if the walk is extended and to survive overnight. (There may be an accident or unexpected delays)

- Adequate size pack in good repair- 20 to 40 Litres
- Map (with plastic protection, pencil & paper)
- Compass & plastic whistle (on a string so it wont get lost)
- Small torch (working)
- Toilet paper & trowel
- Hat & sunscreen
- 'Warm when wet' jumper or similar
- Waterproof jacket
- Suitable footwear
- Adequate food (some high energy snack food) & an emergency supply
- Water (minimum 2 litres) some individuals/conditions may require more
- Waterproof matches / fire starter
- First Aid. Minimum: Roller bandage, sterile dressing, band aids, pain killers, water purification, emergency foil blanket or similar, any personal medication
- Other specialist items may be needed – eg safety rope etc

OVERNIGHT WALKS

- Adequate size pack in good repair- 30 Litres +
- Map (with plastic protection, pencil & paper)
- Compass & plastic whistle (on a string so it wont get lost)
- Small Torch (working)
- Toilet Paper & trowel
- Hat & sunscreen
- 'Warm when wet' jumper or similar
- Waterproof jacket
- Suitable footwear
- Adequate food (some high energy snack food) & an emergency supply
- Water (minimum 2 litres) some individuals/conditions may require more
- First Aid. Minimum: Roller bandage, sterile dressing, band aids, pain killers, water purification, emergency foil blanket or similar, any personal medication
- Other specialist items may be needed – eg safety rope etc
- Matches / firestarter / lighter in waterproof container
- Head torch (ditto)
- Sleeping bag (plus liner if you have one – keeps the bag clean)
- Mat (thermarest or closed cell foam)
- Tent or fly and ground-sheet
- Cooking utensils – billy, plate, spoon, cup
- Stove (if in a no-fire area) and fuel

- Waterproof liner for pack or pack cover
- Water bladder (empty wine bladder or empty 10 litre water bladder) – saves multiple trips to the water source
- Food - lunch, snacks and breakfasts, something hot to drink (tea/coffee/soup/hot chocolate), and an emergency meal
- Minimal toiletries – toothbrush, paste.
- Spare set of thermals – kept dry
- Wool hat and gloves
- Crocs/sandals – for when you take your boots off

Group Gear

(sharing with another person saves weight)

- Tent
- Evening meal - cooking
- Billy/cooking utensils
- PLB

Hints

- Don't take too much – you only have to carry it back again
- A range of useful camping food can be found in any supermarket – for example, couscous and pasta mixes, tuna pouches, dried vegetables, dried potato (Deb), rolled oats, nuts, dried fruit, beef jerky, powdered milk, instant pudding, custard mix.
- Frozen fresh food keeps well for the first day (such as frozen pasta sauce, etc)
- The club has a food dehydrator if you'd like to try making your own lightweight meals.
- Some leaders promote 'happy hour' – bring small amount of food to share around the campfire (cheese/biscuits/marshmallows/dip/chocolate, etc)
- The best source of information is walks leaders and other walkers – many good ideas are shared around the campfire.

For more information see the SBC Document – ***Clothing and Equipment***