HIKER'S PERSONAL CHECKLIST

Most of the items listed here should be carried by each hiker, although certain items (e.g. tent, stove, pots, lamp and spade) can be shared. It is always a good idea to carry at least one spare map!

HIKING EQUIPMENT	Check Items Off Here									
Comfortable backpack (full hip belt of correct size)										
Hiking boots (preferably with full ankle support)										
Sleeping bag (hollow fibre or down for winter)										
Hiking stove										
Stove fuel										
Pots or billies for cooking										
Mug, bowl, knife, fork and spoon										
Gas lamp / hiker's candle										
Ground sheet										
Hiking mattress										
Water bottle										
Small spade										
Large plastic bags for clothes and sleeping bag										
Small plastic bags for dirty / wet clothes and rubbish										
Small torch (with new cells)										
Tent (for escarpment hikes)										
Map										
Compass and / or GPS										
CLOTHING	**Check Items Off Here**									
Shorts (2 pairs)										
Shirts (1 for every 2 days)										
Underwear										
Warm tracksuit (for sleeping)										
Hiking socks (1 pair for every 2 days)										
Hat										
Sunglasses										
Costume and towel										
Fully waterproof raincoat, rainsuit or anorak										
Polar fleece jacket or long-sleeve shirt										
Sandals / light shoes for campsite										
TOILETRIES	**Check Items Off Here**									
Toilet roll (in sealed plastic bag)										
Face cloth										
Plasters for blisters, etc.										
Headache tablets										
Comb										
Toothbrush and toothpaste										
Deodorant										
Insect repellent (e.g. Tabard)										
Sunscreen and lip balm										
ADDITIONAL ITEMS FOR WINTER HIKES	**Check Items Off Here**									
1 pair sports socks (for sleeping)										
Balaclava and scarf										
Gloves / mitts										
Walking Longs										
Sweatshirts / rugby jerseys (1 for every 2 days)										
Thermal underwear										