

Lightweight Hiking Personal Gear List



What to wear on you

- Shirt and pants – be sun smart
- Socks & Sturdy shoes – joggers or hiking shoes
- Wide brimmed hat
- If arriving at night - Thermal top and long johns

What to pack into your Backpack

Check	Item	Notes
<input type="checkbox"/>	Sleeping Bag	Warm but compact, down is good
<input type="checkbox"/>	Sleeping Bag Liner	Optional but recommended
<input type="checkbox"/>	Sleeping Mat	Blue Foam is OK
<input type="checkbox"/>	Mess Kit – Cotton or mesh draw string Bag	Put everything below into this bag
<input type="checkbox"/>	Bowl	
<input type="checkbox"/>	Spoon & Fork or “Spork”	
<input type="checkbox"/>	Dinner knife	Optional depending on menu
<input type="checkbox"/>	Mug or cup	
<input type="checkbox"/>	Tea Towel	
<input type="checkbox"/>	One change of clothes	You will not need any more than 1
<input type="checkbox"/>	Underwear	
<input type="checkbox"/>	Socks	Bring 2 if it’s going to be wet
<input type="checkbox"/>	Shirt	Good idea to bring one that you can also use to sleep in
<input type="checkbox"/>	Pants	Fleece pants so you can also wear around camp at night
<input type="checkbox"/>	Fleece or woolen jumper	
<input type="checkbox"/>	Thermal top and long-johns	Merino or poly. Unless you are already wearing them
<input type="checkbox"/>	Gloves and Beanie	
<input type="checkbox"/>	Small towel or face towel	There will be no showers, but you may want a towel bath
<input type="checkbox"/>	Rain jacket	Good quality – not disposable poncho
<input type="checkbox"/>	Personal First Aid Kit	Just a zip lock bag will do
<input type="checkbox"/>	Band aids	
<input type="checkbox"/>	Triangular bandage	
<input type="checkbox"/>	Toothbrush & paste	
<input type="checkbox"/>	Lib balm & sun screen	
<input type="checkbox"/>	Personal medication	If you have any that you need to bring
<input type="checkbox"/>	Water bottle	2 Liters
<input type="checkbox"/>	2 Large black garbage bag	One to line your pack, one spare
<input type="checkbox"/>	Torch or headtorch	Headtorch recommended
<input type="checkbox"/>	Snacks / trail mix	Food will be provided, but bring your own snacks

What NOT to bring

- Pen knife / hatchet or anything other than a dinner knife
- Electronic gear of any sort