



## **A list of items suggested for our activities**

### **Major Equipment**

- Adequate footwear / boots – sturdy leather or synthetic, ankle height with a quality rubber sole
- Backpack - at least 60 litres capacity with an internal frame and a padded hip belt that must be strong, tough and waterproof
- Waterproof pack-cover / liner to keep your pack contents dry
- Light-weight sleeping bag - nylon-covered, down-filled, rectangular or mummy shaped, with a hood. Rated to at least -5°C (4 season) or better if you are a 'cold' sleeper
- Sleeping mat - Thermarest closed cell foam, (Karrimat) or down mat recommended if you are a 'cold' sleeper
- 1 or 2-person tent and pegs, lightweight (e.g. 2.8 kg for a 2-person), waterproof, with sufficient pegs. Know how to pitch it before the trip
- Food - breakfast, lunch, dinner, snacks (sufficient for each day)
- Water Bottle - at least 1 litre, full when you start
- Garbage bag for waste removal
- Cooking gear, stove & fuel (check that stove is functioning properly before the walk and that you have enough gas to last), pots, pot-lifter, cleaning cloth & scourer, bio-soap, dish (or use pot as dish), mug, knife, fork and spoon
- Map & compass - if you feel competent enough to use them or for practice
- Waterproof jacket – nylon or Goretex; as long as it has a hood, and is long enough to cover your hips and sit below your pack hip belt

### **Weekend Walks - Equipment needed**

This gear list is the Club's recommended equipment list, to be used as a guide only. What you actually pack will vary according to walk grades and locations. Luxury items are marked\* and usually left at home when the going gets a little tougher. Aim for a pack weight of about 12 – 14 kilos.

- Clothes
  - Waterproof jacket & over-pants
  - Fleece jumper / jacket / down jacket / woollen jumper, as long as they are light weight
  - Comfortable shirt & shorts / trousers
  - Thermal top and pants
  - Sun hat - wide brimmed
  - Beanie

- Sturdy footwear, socks (woolen recommended)
  - \*Gaiters (not always required)
  - Fleece / wool / polypropylene gloves
  - Spare underclothes & socks
  - Handkerchief (not tissues)
  - Sunglasses / glasses
- Personal Supplies
    - Water container, extra container for cooking / cleaning, purification tablets or sterilizer; or enough fuel to boil water (it is recommended to boil water for 10 minutes)
    - Insect repellent, i.e. Stingose
    - Toilet paper & light-weight trowel and hand sanitiser
    - Matches or lighter
    - Small torch / head torch (check batteries are charged or carry spares)
    - Inner sheet - Silk (preferably) or cotton; adds warmth and keeps your sleeping bag clean
- First Aid Kit and Accessories
    - Pain killers i.e. Ibuprofen, Paracetamol, throat lozenges
    - 5cm wide Elastoplast, 5cm conforming bandage, dry sterile dressing, triangular bandage, 10cm roller compression bandage, scissors & needle
    - blister treatment (Compede recommended), band aids
    - Betadine
    - Burn cream
    - Emergency blanket

## **Day Walks - Equipment needed**

- Adequate footwear
- Lightweight day pack
- Sunscreen & sunglasses
- Waterproof jacket, and waterproof pants if weather requires
- Toilet paper, trowel, hand sanitiser
- Matches
- Sun hat - wide brimmed
- Map and compass – if preferred
- Lunch & snacks; plastic bag for waste removal
- Fleece jacket (or woollen jumper)
- At least 1 litre of water
- First aid kit
- Torch / head torch (in case you return later than expected)