

# Hiking Checklist

## 2 Day 1 Night

### Sleeping Gears

- Hiking Tent
- Sleeping Bag
- Sleeping Bag Liner
- Sleeping Mat

### Meal Gears

- Hiking Stove
- Butane Gas
- Bowl/Cup
- Knife/fork/Spoon
- Tea Towel

### Toiletries

- Tooth Brush
- Tooth paste
- Soap/Shampoo
- Toilet Papers
- Small Trowel
- Sanitary item

### Personal Clothes

- Weatherproof Jacket
- Fleece Jacket
- T-shirt x 2
- Long/Short Trouser x 2
- Over pants (Optional)
- Underwear x 2
- Hiking socks x 2
- Hiking shoes
- Plastic bag for dirty cloths

### Foods

- Dry Food



### Other Gears

- Sunglass
- Sunscreens
- Lip Balm
- Hat
- Gaiters (Optional)
- Water bottle/hydration sack 3L
- Insect Repellence
- Personal First aid Kit
- Two paracords (2-3m each)
- Head torch with extra batteries

### Other

- Map and Map Cover
- Compass
- Whistle
- Water Purifying Tablets (Optional)
- Drybags
- Matches/Lighter
- Pot Sourer and detergent
- Phone and Battery backup (Optional)
- Candle