

What to Pack for a Day Hike

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the video!

- Backpack**
My current one is 25 litres which is heaps!
- Waterproofing**
Dry bags are good or two good quality garbage bags inside each other. This is weather or creek crossing dependent.
- Rain Jacket**
If the forecast is good, I'll just take a light spray jacket.
- Waterproof Overpants**
Weather dependent.
- First Aid Kit** (inc. Emergency Blanket)
And know how to use it :-)
- Fire Lighting Kit**
Waterproof matches, flint, cigarette lighter, lighting cheats like cottonwool soaked in vaseline, etc
- Food**
Lunch and Snacks
- Toilet Kit**
Lightweight small trowel "shit shovel", toilet paper, hand sanitiser, tampons/cup, etc.
- Map & Compass**
And know how to use them :-). Keep map inside waterproof holder.
- Water**
The amount will depend on the weather forecast and conditions.
- Water Purification Method**
Tablets, filter or drops so you can gather and drink water along the way.
- Mobile Phone**
Don't forget to waterproof it. Think about carrying a SIM of different phone carriers depending on the region you're travelling in.
- Medications**
You normally take
- Sun Hat**
- Battery Powerbank**

- GPS or Navigation App**
 - Camera**
 - Handkerchief**
Much better than tissues in the wild.
 - Chapstick**
 - Head Torch & Spare Batteries**
 - Notepad & Pen/Pencil**
In a Ziploc bag
 - Personal Locator Beacon**
 - Whistle**
 - Sunscreen****
 - Sunglasses** (strap handy)
 - Insect Repellent****
 - Fly Veil**
 - Gaiters**
Terrain dependent, good for snake protection too.
 - Clothes to suit the season**
Hat, Down Jacket, Fleece, Thermals, etc.
- **Just take enough for the trip.

Advanced / Exploratory / Off-track

- Scrub Gloves**
Gardening gloves to protect your hands.
- Safety Glasses**
To protect my eyes if going off-track.
- Emergency Food**
Just in case.
- Handline/Tape**
For assisting with rock scrambling, etc.

Find me on social media!

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