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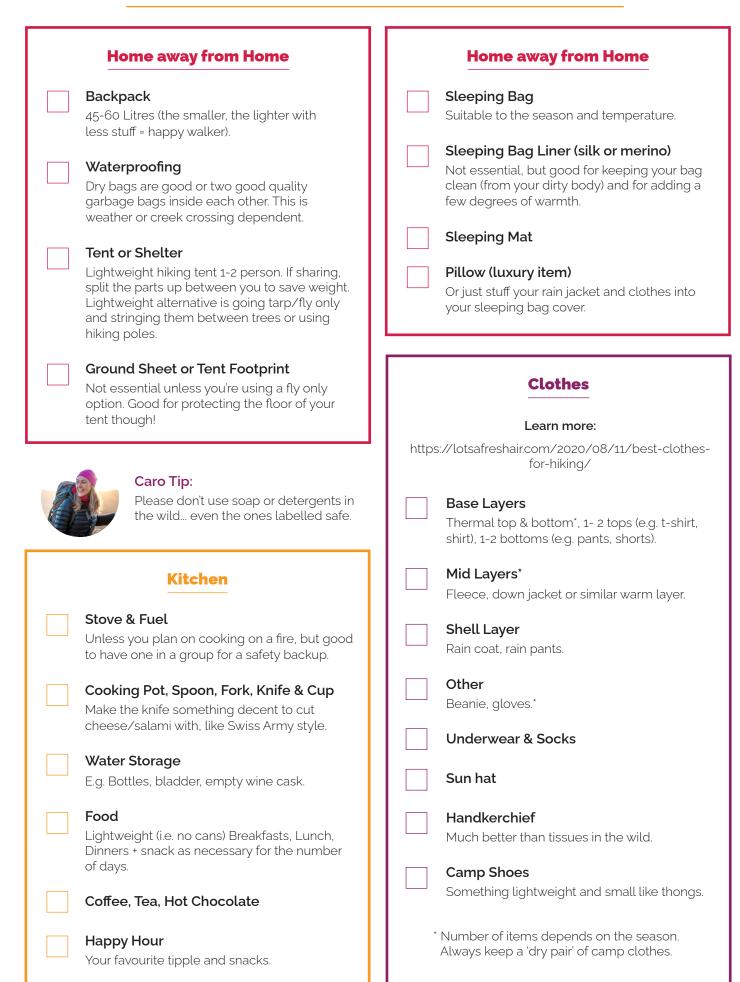
# Click to watch the video What to Pack for an Overnight Hike (Summary)

Learn More: https://lotsafreshair.com/2020/06/19/how-to-pack-for-a-weekend-hike/

Home away from Home	Clothes	Accessories / Miscellaneous
Backpack	Base Layers	Sunglasses
Dry Bags	Mid Layers	Camera
Tent or Shelter	Shell Layer	Toilet Paper
Ground Sheet or Tent Footprint	Underwear	Toilet Trowel (aka Shit Shovel)
Sleeping Bag	Socks Beanie	Lip Balm
Sleeping Bag Liner	Gloves	Head torch & spare batteries
Pillow	Sun hat Handkerchief	Small Notepad & Pen / Pencil
	Camp Shoes	Fly Veil
Kitchen		Toothbrush & Paste
Stove & Fuel	Safety & Survival	Sunscreen
Cooking Pot, Spoon, Fork, Knife & Cup	Personal Locator Beacon	Insect Repellent
Water Storage	First Aid Kit	Medications
Food	Fire Lighting Kit	Deodorant
Coffee, Tea, Hot Chocolate	Whistle	Moisturiser
Happy Hour	Emergency Food	Gaiters
	GPS or nav app	Battery Power Bank
Advanced / Exploratory / Off-track	Mobile Phone	
Scrub Gloves	Map & Compass	
Safety Glasses	Water	
Handline/tape	Water Purification Method	

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#### What to Pack for an Overnight Hike (Detail)



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Accessories / Miscellaneous	Safety & Survival
Sunglasses (strap handy)	Personal Locator Beacon
Camera	First Aid Kit (inc Emergency Blanket) And know how to use it :-)
Toilet Kit	
	Fire Lighting Kit
Lightweight small trowel "shit shovel", toilet paper, hand sanitiser, tampons/cup, etc.	Waterproof matches, flint, cigarette lighter,
paper, nand sanitiser, tampons/ cup, etc.	lighting cheats like cottonwool soaked in
Lip Balm	vaseline etc.
Head torch & spare batteries	Whistle
	Emergency Food
Small Notepad & Pen / Pencil	
In a Ziploc bag.	GPS
Fly Veil	Or navigation app on smartphone with maps of area downloaded.
For places you know have high	of area downloaded.
fly / mosquito rating!	Mobile Phone
Toothbrush & Paste**	Don't forget to waterproof it. Think about carrying a SIM of different phone carriers
	depending on the region you're travelling in.
Sunscreen**	depending on the region youre davealing in.
	Map & Compass
Insect Repellent**	And know how to use them :-)
	Keep map inside waterproof case.
	Reep map inside waterproof ease.
Medications	Water
	The amount will depend on the weather
Deodorant	forecast and conditions.
Moisturiser	Water Purification Method
	Tablets, filter or drops so you can gather and
Gaiters	drink water along the way.
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Battery Power Bank & Charging Cables	L
Battery i ower Bark & Charging Cables	
	Advenced / Evelopetony / Off treak
**Just take enough for the trip, not the whole tube or bottle.	Advanced / Exploratory / Off-track
or bottle.	
	Scrub Gloves
	Gardening gloves to protect your hands.
Other	
Other	Safety Glasses
	To protect my eyes if going off-track.
	Handline/Tape
	To assist with rock scrambling, etc.
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