

What to Pack for An Overnight Hike

Home away from Home		
Backpack	45-60 Litres (the smaller, the lighter with less stuff = happy walker)	
Waterproofing	Dry bags are good or two good quality garbage bags inside each other. This is weather or creek crossing dependent.	
Tent or Shelter	Lightweight hiking tent 1-2 person. If sharing, split the parts up between you to save weight. Super lightweight alternative is going tarp/fly only options and stringing them between trees or using hiking poles.	
Ground Sheet or Tent Footprint	Not essential unless you're using a fly only option. Good for protecting the floor of your tent though!	
Sleeping Bag	Suitable to the season and temperature	
Sleeping Bag Liner (silk or merino)	Not essential, but good for keeping your bag clean (from your dirty body) and for adding a few degrees of warmth.	
Sleeping Mat		
Pillow (Luxury Item)	I just stuff my jacket and clothes into my sleeping bag stuff sack and use that as my pillow.	
Kitchen		
Stove & Gas	Unless you plan on cooking on a fire, but good to have one in a group for a safety backup.	
Billy, Spoon, Fork, Knife & cup	Make the knife something decent to cut cheese/salami with, like Swiss Army style.	
Empty wine bladder	Or other containers for gathering water from rivers and transporting back to camp.	
Food	Lightweight (ie. no cans) Breakfasts, Lunch, Dinners + snack as necessary for the number of days.	
Fire Lighting Kit	Waterproof matches, flint, cigarette lighter, lighting cheats like cottonwool soaked in vaseline, etc	
Clothes		
Rain Jacket		
Waterproof Pants		
Clothes to suit the season	Beanie, Down Jacket, Fleece, Thermals, Spare pair of socks, underwear, gloves. Bright colours are best for safety!	
Sun hat		
Handkerchief	Much better than tissues in the wild	
Camp Shoes		

Safety & Survival		
Personal Locator Beacon		
First Aid Kit (inc Emergency Blanket)		
Whistle		
Emergency Food		
GPS		
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.	
Map & Compass	And know how to use them :-). Keep map inside waterproof holder.	
Water	The amount will depend on the weather forecast and conditions or if you can gather water along the way in creeks and rivers... in which case you will also need a water purifying method as well	
Accessories/Miscellaneous		
Sunglasses		
Camera		
Toilet Paper	Plus hand sanitiser, tampons, etc	
Chapstick	Strawberry is my favourite	
Head torch & spare batteries		
Notepad & Pen/Pencil	In a Ziploc bag	
Fly Veil	For places you know have high fly/mosquito rating!	
Toothbrush & Paste		
Sunscreen		
Insect Repellent		
Medications		
Gaiters		
Device Battery recharger	eg. UNU, etc	