

2 Night Hike Checklist



Pack and wear light weight and space saving items. Total pack weight should be around 20% of Scout's body weight (including food, tent, cooking, sleeping gear, but excluding water)

*** These items can be supplied by 1st Ermington Scouts or you can bring your own.

CLOTHING and BAG

- Fully brimmed hat
- 1 hike pants/shorts to hike in
- 1 hike t-shirt to hike in
- Closed shoes OR boots to hike in
- 1 extra pants/shorts & t-shirt
- Sunscreen, Insect Repellent, Toiletries
- Small light weight towel
- Tissues
- 1 Warm Jumper/Jacket
- Raincoat
- Underwear (x number of days)
- Socks (x number of days)
- Torch (with spare batteries)
- Plastic Bag (to Line the Pack)
- Plastic bags for wet/dirty gear
- Hiking backpack***

~4kg in total

No hat – No hike. No baseball caps.

~500g eg: <https://bit.ly/3R8UYlp>

~100g No crop tops/singlets

~650g To change into if required

<300g

~200g

<100g

<500g

~250g

<200g

<200g

<150g

Garbage bags or use light weight stuff sacks

Garbage bags

<1.5kg eg: <https://bit.ly/4bjPIbT>

FOOD and WATER

- Breakfast, Lunch, Dinner
- Snacks for morning/afternoon tea
- 2 x 1L Water Bottles

800g/day – Lightweight, rehydratable food

250g/day – Lightweight bars, gummies, chocolate

~2.1kg – 2 x 1L disposable plastic bottles are best

MESS KIT

- Light weight hiking mug
- Light weight hiking bowl
- Spork and knife
- Drawstring bag

~200g in total

No ceramic, light weight plastic or metal

No ceramic, light weight plastic or metal

light weight

Net or cloth bag

SLEEPING

- Sleeping pad or mats
- 3 Season down sleeping bag
- Inflatable Pillow (optional)

~1.5kg in total

~500g eg: <https://bit.ly/4fYxUAI>

<800g eg: <https://bit.ly/3AIU4XI>

~80g eg: <https://bit.ly/4dHvNzW>

SHARED

- Tent***
- Stove, Pot, Fuel***

~1.5kg when shared between 2 Scouts

~2kg

~1kg

FIRST AID & HYGIENE

- Personal First Aid Kit
 - Toilet Paper
 - Light weight trowel
 - Any required medication – Place in a zip lock bag and place your name on the outside. Please include medication instructions. Please also complete the asthma/allergy plan if your child suffers from these.
- This form is available from your Leaders.

~200g in total

~150g

~20g – Not a full roll

~30g

Backpack Packing Guide

THINGS TO CONSIDER WHEN PACKING

- Do I REALLY need this? Can I do without or use something else instead? If so, leave it behind.
- Would it be bad if this gets wet (e.g. Sleeping gear, clothes, First Aid kit, electronics, paper)? If so, use a waterproof stuff sack or a garbage bag.
- Can I compress it to reduce size? If so, use a stuff sack or a garbage bag.
- Will I need this whilst hiking? If so, pack at the top or outside of the bag.
- Do I only need this when I reach my destination? If so, pack deep inside the bag.
- Try to not pack sleeping bag, tent, mat etc outside of the bag. It should all fit inside the bag.

HOW TO PACK A BACKPACK

