

## Over night hike packing list

Bedding

Tent (sharing sections of the tent is an option)

Sleeping Bag

Bag Liner

Mattress

Pillow

Bed Clothing

Thermals - top and bottom

Second layer - top and bottom

Warm Gloves beanie and dry socks

Keep clothing in a water tight bag - zip lock - dry bags etc..

Wet Weather / Cold

Rain jacket

Down jacket

Fleece jacket

Warm Gloves and Water Proof Over Glove plus a Benie or suitable walk hat.

Essentials

Tooth Brush and paste

Any medication ( please inform leader if necessary Allergies etc)

Personal first aid

Water to drink and prepare meal ( some locations and walks have water on site or en route )

Leader should inform the group re water supply

Tablets for water ( be safe rather than get a bug ) ( water purification tablets )

Toilet paper and trowl to dig appropriate hole.

Food

Dehydrated food for weight considerations

3 Meals , plus snacks. per day.

Stove (another item that can be shared)

Plate and cuttlery

Cup for warm drink your choice

Extra Items

Fully charged and loaded up phone

Camera