

Hiking Checklist – day walks

<https://www.sydneycoastwalks.com.au/hiking-checklist/>

| | | |
|---------------------------------------|--|---|
| CLOTHING (from the ground up): | |  |
| | <u>Boots/Shoes</u> | |
| | <u>Socks</u> | |
| | <u>Shorts</u> or <u>long pants</u> |  |
| | Long sleeve shirt | |
| | <u>Thermal base layer</u> | |
| | <u>Warm outer layer</u> |  |
| | <u>Wet weather gear</u> |  |
| | <u>Hat</u> | |
| | <u>Sunglasses</u> | |
| GEAR: | |  |
| | Backpack or Daypack: <u>20-25L</u> | |
| | <u>Pack cover</u> or <u>liner</u> | |
| | <u>Water bottle</u> or <u>hydration bladder</u> |  |
| | <u>Water purification tablets</u> or <u>water filter</u> | |
| | Food and <u>snacks</u> | |
| | Rubbish bag | |
| | Map and <u>Compass</u> |  |
| | <u>Pocket Knife</u> | |
| | <u>First Aid Kit</u> | |
| | <u>Personal Locator Beacon</u> |  |
| | Camera | |
| | <u>Headtorch</u> | |
| | Sunscreen |  |
| | <u>Insect repellent</u> | |
| | Mobile phone |  |
| | <u>Watch</u> | |

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