


## Hiking Checklist – overnight walks

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

<b>CLOTHING (from the ground up):</b>	
	<b><u>Boots/Shoes</u></b> + one pair of camp shoes
	<b><u>Socks</u></b> x 2
	<b><u>Shorts</u></b> or <b><u>long pants</u></b> x 2
	Long sleeve shirt x 2
	<b><u>Thermal base layer</u></b> x 2
	<b><u>Warm outer layer</u></b>
	<b><u>Wet weather gear</u></b>
	<b><u>Hat</u></b>
	<b><u>Sunglasses</u></b>
<b>GEAR:</b>	
	Backpack – <b><u>65L</u></b>
	<b><u>Pack cover</u></b> or <b><u>liner</u></b>
	<b><u>Tent</u></b>
	<b><u>Sleeping bag</u></b>
	<b><u>Sleeping mat</u></b>
	<b><u>Stove</u></b>
	<b><u>Fuel</u></b>
	Lighter / matches
	<b><u>Pots / pans</u></b>
	<b><u>Cutlery</u></b>
	<b><u>Water bottle</u></b> or <b><u>hydration bladder</u></b>
	<b><u>Water purification tablets</u></b> or <b><u>water filter</u></b>
	<b><u>Food</u></b>
	Rubbish bag
	Map and <b><u>Compass</u></b>
	<b><u>Pocket Knife</u></b>
	<b><u>First Aid Kit</u></b>

	<a href="#"><u>Personal Locator Beacon</u></a>	
	Camera	
	<a href="#"><u>Headtorch</u></a>	
	Sunscreen	
	<a href="#"><u>Insect repellent</u></a>	
	Mobile phone or <a href="#"><u>watch</u></a>	

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