



# Multi Day Pack Checklist



## HIKING GEAR

- Day pack
- Large pack
- Hiking poles



## NAVIGATION

- Paper & electronic maps
- Compass
- Track notes
- Garmin InReach



## EMERGENCY ITEMS

- Full first aid kit. (See Day Pack List)
- PLB
- Head Torch



## COOKING/EATING

- Water bottles & Life Straw
- Water bladder
- Drinks, meals & snacks
- Emergency snack/meal.
- Thermos
- Cook System, including Gas & HMG Repack.
- Bowl, spork.
- Rubbish bag

*In addition to this list is obviously the clothing I am wearing to the hike!*



## PERSONAL ITEMS

- Toiletries, Toilet Paper, Trowel
- Sunglasses
- Hand sanitiser
- Battery pack and charging cords
- Garmin Watch, watch charger.



## SLEEP SYSTEM

- Sleeping Bag
- Sleeping Mat
- Sleep Sheet
- Pillow



## SHELTER SYSTEM

- Tent, tent poles, tent pegs
- Ground sheet
- Tarp (if using)
- Extra tie lines.



## CLOTHING

- Scrub Gloves
- Waterproof/warm gloves
- Buff
- Sun hat & beanie
- Wet weather pants & WW Jacket
- Thermal top & thermal pants
- Warm layer/Fleece/Puffy
- Extra socks/underwear
- Camp clothes
- Camp shoes
- Face washer/mini towel
- Micro Spikes