

## **Equipment Checklist – Multi Day Hikes**

### **High Country Hiking Tours will provide**

- Tent – 2 share basis
- Sleeping bag
- Sleeping mat
- Sleeping bag liner
- Backpack
- Walking poles
- Gaiters
- Head torch
- Cooking stove and fuel – 2 share basis
- Cooking pot, bowl, cup & spork – 2 share basis

### **You will provide**

- Boots – 1 pair
- Socks – clean pair for each day plus 1 spare pair
- Bed socks – 1 pair
- Pants/shorts – 1 pair (or 1 pair of long pants & 1 pair of shorts)
- Base layer
  - Short sleeve top – 1 or 2
  - Long sleeve top – 1 or 2
- Mid layer – 1
- Shell layer – 1
- Waterproof pants – 1
- Thermal top and pants – 1 pair
- Warm hat – 1
- Cap/Sun hat – 1
- Gloves – 1 pair
- Buff/Neck warmer/Scarf – 1

- Underwear
  - Bra – 1
  - Underpants – clean pair for each day plus 1 spare pair
- Sandals – 1 pair
- Spare shoelaces – 1 pair
- Hydration bladder/Water bottle
- Water purifying/filtering system
- Personal items
  - Reading material – book/magazine
  - Playing cards
  - Mobile phone/iPod with headphones
- Camera including spare batteries and memory cards
- Watch
- Sunglasses
- Pocket knife
- Toiletries
  - Microfibre towel
  - Toothbrush
  - Toothpaste
  - Toilet paper
  - Sunscreen
  - Hand sanitiser
  - Wet wipes
  - Roll-on deodorant
  - Moisturiser
  - Lip balm
  - Tissues
  - Comb
  - Hair ties

- Floss
- Insect repellent
- Nail file
- Nail clippers
- Personal First Aid Kit
- Food
- Ziplock bags – 2 medium