

Equipment Checklist – Discovery Hikes - Multi Day

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 or other suitable pair of walking shoes – 1 pair
- Socks – clean pair for each day plus 1 spare pair
- Bed socks – 1 pair (can be your spare pair of hiking socks)
- 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 of each
- 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
- Stuff sack or plastic bag for dirty laundry
- Duffle bag or back pack to pack any access items into