

## **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 (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
- Daypack with wet weather cover - large enough to fit everything you will need for the day such as wet weather gear, jacket, warm clothes, water, food, First Aid Kit, some toiletries, etc. (on Iconic Craig's Hut hike if you opt to carry a daypack only)
- Duffle bag for any items that you will not be carrying in your daypack (on Iconic Craig's Hut hike if you opt to carry a day pack only)