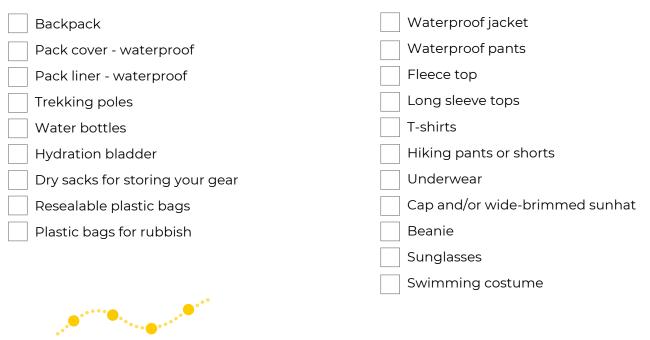


SUMMER HIKING GEAR LIST

CLOTHING

This is a sample gear list for summer hiking. You should also consider your own personal needs, and if you're going with an organised group then consult with them.

PACK



FOOTWEAR

Hiking boots

Lightweight shoes/sandals for evenings

Gaiters

- Hiking socks
- Liner socks
 - Spare laces for boots

HYGIENE

Personal toiletries
Toilet paper and disposal bags
Tissues
Hand sanitiser
Biodegradable soap or body wash
Face/body wipes
Microfibre towel and flannel

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SUMMER HIKING GEAR LIST

This is a sample gear list for summer hiking. You should also consider your own personal needs, and if you're going with an organised group then consult with them.

SURVIVAL

| First Aid kit | Water |
|----------------------------------------------------|-----------------------------------------------|
| Survival kit | Snacks e.g. muesli bars, chocolate, nuts |
| Repair kit e.g. sewing kit, electrical tape | Meals e.g. pre-made or freeze-dried, dried |
| Medicines | soups, oatmeal and raisins |
| Water purification | Drinks e.g. coffee, tea, hot chocolate, |
| Insect repellant / snake bite bandage / bear spray | powdered milk |
| Sunscreen and lip screen | Condiments for cooking e.g. oil, salt, pepper |
| Compass | |
| Swiss army knife or equivalent | |
| Maps, guides, emergency phone numbers | •••• |
| National Park pass | |



CAMPING AND COOKING

| ELECTRICAL | | |
|------------|--------------------------------------|--|
| N | Mobile phone and charger | |
| | Satellite phone / GPS, if needed | |
| E | Emergency locator beacon | |
| | Camera and batteries or charger | |
| 5 | Solar charger and/or power bank | |
| ŀ | lead torch and spare batteries | |
| Т | Forch or lantern and spare batteries | |

| Tent - including tent pegs, poles, guy ropes |
|--------------------------------------------------|
| Sleeping bag |
| Cotton or silk sleeping bag liner |
| Sleeping mat(s) |
| Cooking - stove, fuel and lighter, cooking pots, |
| utensils, cups, plates and bowls |
| Travel clothes line or string |
| Trowel, if needed for digging sanitation holes |
| Reading material, journal and pen, music |
| |