



# 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.

## PACK

- ☐ Backpack
- ☐ Pack cover - waterproof
- ☐ Pack liner - waterproof
- ☐ Trekking poles
- ☐ Water bottles
- ☐ Hydration bladder
- ☐ Dry sacks for storing your gear
- ☐ Resealable plastic bags
- ☐ Plastic bags for rubbish



## CLOTHING

- ☐ Waterproof jacket
- ☐ Waterproof pants
- ☐ Fleece top
- ☐ Long sleeve tops
- ☐ T-shirts
- ☐ Hiking pants or shorts
- ☐ Underwear
- ☐ Cap and/or wide-brimmed sunhat
- ☐ Beanie
- ☐ Sunglasses
- ☐ Swimming costume



## 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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## SURVIVAL

- ☐ First Aid kit
- ☐ Survival kit
- ☐ Repair kit e.g. sewing kit, electrical tape
- ☐ Medicines
- ☐ Water purification
- ☐ Insect repellent / snake bite bandage / bear spray
- ☐ Sunscreen and lip screen
- ☐ Compass
- ☐ Swiss army knife or equivalent
- ☐ Maps, guides, emergency phone numbers
- ☐ National Park pass



## ELECTRICAL

- ☐ Mobile phone and charger
- ☐ Satellite phone / GPS, if needed
- ☐ Emergency locator beacon
- ☐ Camera and batteries or charger
- ☐ Solar charger and/or power bank
- ☐ Head torch and spare batteries
- ☐ Torch or lantern and spare batteries

## FOOD

- ☐ Water
- ☐ Snacks e.g. muesli bars, chocolate, nuts
- ☐ Meals e.g. pre-made or freeze-dried, dried soups, oatmeal and raisins
- ☐ Drinks e.g. coffee, tea, hot chocolate, powdered milk
- ☐ Condiments for cooking e.g. oil, salt, pepper



## CAMPING AND COOKING

- ☐ 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