



## Recommended Hiking Equipment

Items	Specifics	Examples/comments
Pack	Minimum 55 L	Must be comfortable and well fitting, have wide adjustable shoulder straps and thick waist band with adjustable straps.
Boots/ Shoes	1 pair (spare laces optional)	Ideally hiking boots should support the ankle, be waterproof and be made of sturdy material (eg leather). These are generally quite expensive and sturdy sneakers are an acceptable alternative for pathfinders, however dress boots or canvas shoes will not be appropriate.
Bedding	Sleeping bag	compact/light weight, good quality, well hooded, carried in waterproof stuff sack or plastic bag. (At least Minus 3 degrees Celsius rating recommended.)
	Pillow (don't bring)	(use sleeping bag cover packed with clothes)
	Sleeping Mat	Needed for both insulation and comfort. Either foam roll or self inflating type are fine.
	Tent (or optional Fly and groundsheet)	2 Person Hiking tents will be supplied by the club and shared/carried between 2 pathfinders.
Cooking	Gas Cooker	Lightweight, butane/propane gas type is good. (spare gas canister recommended)
	Billy	750ml is sufficient with well fitting lid to cook pasta/noodles in. (optional billy grips save burnt fingers)
	Plate	cereal bowl can be used for all
	Cup/mug	optional for hot drinks
	Cutlery	fork / knife / spoon (lightweight)
Other Equipment	Torch	Lightweight (preferable LED as batteries last much longer). Reverse batteries or tape switch when carrying so as not to accidentally turn on. Head torches are a good option and spare batteries are recommended.
	Matches	or lighter to start fire or stove
	Whistle	for emergency contact
	Trowel	Lightweight, often plastic for toileting needs when no other facilities are available.
	First Aid	small for personal use and emergencies - <i>see recommended contents below</i>
	Space Blanket	very important to be included in first aid kit - small disposable type ideal
	Maps	Will be supplied
	Orienteering Compass	"SILVA" type or similar, must have a base, travel arrow and scales, not a wrist type compass.
	Pen	to write in logs
Log Book	Will be supplied	

Items	Specifics	Examples/comments
Clothes	Shorts/pants	1 pair to walk in and 1 to sleep in
	Shirts	2 pair for walking and 1 to sleep
	Socks	2 pair for walking and 1 to sleep
	Underpants	2 for camp
	Jumper/thermals	it is very important to be able to keep warm on camps. There are many options for warmth however keep in mind it has to be carried so it is ideal if not too bulky. Wool is always a good option as it keeps warm even when wet. Layering (wearing multiple layers of clothing) is recommended to keep warm.
	Beanie	woollen beanie for head
	Hat	for sun protection
	Rain Jacket	Very important! Must be fully waterproof, have a roomy hood enough to cover when wearing a beanie. It should be able to be closed in around the face, and sealed at the wrists. Ideally long enough to cover shorts and sit on when being worn.
Food	1 packed dinner meal	no time to cook when setting up camp in the dark.
	2 x Breakfast Meals	<i>see suggested menu attached</i>
	2 Lunch Meals	<i>see suggested menu attached</i>
	1 Dinner Meal	<i>see suggested menu attached</i>
	Minimum 2 L water	2 x 1L water containers
	Walking Snacks	muesli bars / dried apricots / nuts
	Emergency Meals	pasta/noodles
Toiletries	Towel (optional)	very small / light
	Tooth paste/brush	travel brush / paste
	Sunscreen	small travel pack is ideal
	Soap/alcohol gel	environment friendly, small
	Toilet paper	enough for 3 days, on roll, in zip locked waterproofed bag

### Recommended First Aid contents:

50mm crepe bandage, triangular bandage, bandaids, 4 x Panadol, 4 x safety pins, antiseptic, tweezers, small sachet of salt, UV sunscreen, RID Insect repellent, Stingose, throat lozenges, Personal medication.

### Suggested Menu:

#### FRIDAY NIGHT

Eat dinner at home or as you travel.  
Supper snack (to eat at camp site on arrival) eg fresh fruit/muesli bar.

#### BREAKFAST (2 meals)

Cereal, powdered milk (premixed in plastic bag)  
Dried fruit (can soak overnight)  
Milo & powdered milk (premixed in plastic bag)

#### MORNING TEA (2 days)

Scroggin (mixed bag of nuts, dried fruit, glucose, lollies, chocolate etc.)  
Fresh fruit eg apple (if desired) - nothing that squashes (eg banana)  
Sweet biscuits or muesli bar etc.

#### LUNCH (2 meals)

Noodles / pasta / Cup 'a' Soup  
Salad sticks, muesli bar, vita-wheets fruit etc.

#### DINNER (1 meal)

Rice/pasta/noodles  
dried fruit/marsh mellows for fire

**There are numerous other suitable foods available from supermarkets and camping stores.  
Look for LIGHTNESS and GOOD NUTRITIONAL VALUE**