

# Overnight Packing List

Planning for an overnight hike can be a grand experience but also quite complex with so many small things to plan for. This packing checklist is a great starting point but should be adjusted depending on the length of your trip.

## Personal Gear

- Hiking pack (75L-85L) - This can be smaller depending on how experienced of a hiker you are and the type of gear you are carrying.
- Pack cover
- Sleeping bag
- Sleeping mat
- Air pillow (optional)
- Water bottle and/or bladder (Minimum 3L)
- Broad-brim hat
- Clothing (enough for your trips duration)
- Hiking boots
- Wool hiking socks (Multiple pairs)
- Hiking poles (Optional)
- Gaiters (Optional)
- Dinnerware (Cutlery, bowl, cup, etc.)
- Whistle and Pocket Knife
- SPF 50+ sunscreen and insect repellent
- Head torch and an optional Hand torch
- Tooth brush, Tooth Paste and Hand sanitiser
- Toilet paper and Hiking Trowel

## Group/Shared Gear

- Gas burner / Spirit burner
- Burner fuel (Gas/Spirits)
- Matches / lighter
- Cookware set
- Tents, flies, pegs and guide ropes
- Shammy (dry wet tents)
- Maps (Laminated/in map case)
- Compass
- Water purification (Eg. chlorine tablets, Life straw, etc.)
- First-Aid and survival kit
- Garbage bags (Leave no trace)
- Dry bags (Store gear in while raining)
- PLB (Personal Locator Beacon)

## Food

- Breakfasts - Cereals, oats, granola
- Lunches - Wraps, cracker sandwiches
- Dinners - Pasta, noodles, tacos
- Snacks - Trail mix, dried fruit, snack bars
- Desserts (Optional) - Crepes, pudding