



MULTI- DAY HIKING KIT LIST



Multi-Day Hike Packing Checklist	
	Backpack – 40-60 litre capacity, with sturdy straps and ideally a hip belt
	Walking poles – for balance and to take pressure off your joints
Food & Drink	
	Water bottles x 2 – for holding up to 2 litres of refreshing H2O
	Water filter – to enable drinking out of streams
	Daytime food – ample sandwiches, snacks, cakes, sweets and other treats
	Expedition food – camping meals for dinner and porridge/coffee for breakfast
	Emergency rations – extra high-energy bars in case your hike takes longer than expected
Clothing	
	Waterproof jacket – an outer layer to keep out the inevitable rain
	Waterproof over-trousers – a waterproof layer to keep your legs dry
	Thermal jacket – an insulated jacket for when it's cold on a summit or during rests
	Spare mid-layer – to take off the chill
	Hat, gloves and neck-warmer – for added warmth when required
Safety Kit, Accessories & Equipment	
	Sun hat, sunglasses, sun cream and lip balm – to protect from the sun
	Dry bags – waterproof, sealable bags to safely store your gear
	Headtorch – for navigating safely at dawn or dusk
	Compass – a crucial tool for navigating safely in the mountains
	Waterproof map – a hard-copy map is indispensable for navigation
	Phone – for using a navigation app or calling for help in an emergency
	Powerbank and cable – for charging your phone if it runs out of juice
	GPS watch – a Garmin or similar device for navigation and tracking your activities
	First aid kit – plasters, painkillers and basic medical supplies
	Emergency shelter – a life-saving shelter for emergencies
	Emergency survival bag – to shelter from the rain or a storm, if required
	Safety whistle – for drawing attention in an emergency
	Accessories – zip-lock bags, multi-tool, pen knife, spare shoelaces
	Rubbish bag – for carrying out any rubbish and ensuring you 'leave no trace'
	Toilet tissue, trowel and hand sanitiser – in case you get caught short
	Insect repellent – to keep the dreaded midges at bay
	Personal medication and toiletries – for any personal medical needs
Camping Kit	
	Tent with pegs and guy lines – a portable home you can pitch wherever you want
	Sleeping mat – a foam or inflatable mat to sleep on
	Sleeping bag and liner – a warm bed for a night under the stars
	Camping stove, gas canister and lighter – a gas-powered stove for hot meals and drinks
	Cooking utensils – pans, titanium spork and mug for mealtimes