

EQUIPMENT CHECK LIST

LIGHT WEIGHT CAMPING / HIKING



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Gear supplied by us - you carry

- HIKE TENT (with built in ground sheet)
- STOVE tranguia type (solid fuel or metho)
- FUEL CONTAINER - Aluminium (1 Pint)
- COOKING EQUIPMENT
- ALL FOOD
- Morning tea/ afternoon tea, dinner, breakfast and 2 lunches supplied

You supply and carry

BOOTS - Must be broken in

- * PACK
- * SLEEPING BAG (in garbage bag)
- * SLEEPING MAT
- WATER BOTTLE (not on belt at waist)
- WOOLEN CAP
- COMPLETE CHANGE OF CLOTHES (in plastic bag)
- COMPLETE CHANGE OF UNDERWEAR (in plastic bag)
- THICK SOCKS (2 pair per day)
- HANDKERCHIEF
- PONCHO or WATER PROOF COAT
- EATING UTENSILS (aluminum / plastic plate and bowl, cutlery)
- WATERPROOF MATCHES or CIGARETTE LIGHTER
- FIRST AID KIT (personal)
- TORCH (lightweight)
- NEWSPAPER (few sheets)
- TEA TOWEL or CHUX
- SCOURER
- TOILET PAPER
- SOAP
- HAND TOWEL
- TOOTHBRUSH AND PASTE
- PLASTIC BAGS (for rubbish and dirty clothes)
- LARGE GARBAGE BAG (to cover pack in rain) or Pack cover
- 3 METRES LIGHT CORD

As appetites vary, bring extra snacks if you feel it necessary

SUGGESTED SNACK FOOD ITEMS

2 Minute noodles	Fresh fruit (heavy)	Barley sugar	Milo
Chocolate	Muesli bars	Cup of soup	Nuts / Tang
Dried fruit	Tea / coffee		

* We can organize to hire these items for you