

BACKPACKING EQUIPMENT LISTS

Essential:

Backpack
Sleeping bag
Water bottles)
Stove and fuel (gas, metho, tabs)
Cooking pot(s) or billy
Plastic plate
Food (main meals, snacks and reserve)
Matches in dry container or cig. lighter
Knife fork and spoon
Cup
Hat
Sunscreen
Basic first aid kit
Spare clothes
Torch and spare batteries
Toilet paper
Walking boots

Clothes Recommendations:

Thin layers in lieu of bulky items.
Wear two pairs of socks.
Shorts in all weather.
Never wear jeans or cotton pants.

Recommended:

Tent (check for completeness)
Sleeping mat (closed cell or inflating)
String (5m)
Additional first aid items*
Compass*
Map(s)*
Sleeping mat repair kit
Scouring pad
Tea towel
Rain coat or poncho
Pooper scooper (1 per group)
Candle
Water purification
Eating bowl
Toiletries
Pen and notebook
Pocket knife
Chap stick or equiv
Insect repellent
Hand towel and soap

*essential for leaders

Optional:

Garbage bags, dry bags and/or pack cover
Binoculars
GPS
Field guides
Camera and film
Thongs or sandals
Inflatable pillow
Port
Ear plugs
Whistle
Beanie (winter)
Fly net (summer)
Plastic groundsheet

Food Suggestions:

Rye vita biscuits
Cheese portions
Freeze dried food
2 min noodles
Dried fruit
Milk sachets or 200m1
Cereals in zip lock bags
Tea bags
Tinned tuna varieties
Chocolate, nuts, snacks

