



What to take on a trip: Checklist

Gear for day walks

	Got it!
Rain jacket	
Sturdy shoes or boots	
Sunhat / glasses and suncream	
Warm layers (top and bottom)	
Hat and gloves	
Camera	
Day pack	
Water bottle (minimum 1L)	
Lunch and snacks	
Map and compass	
Personal medication / first aid	
Foil survival blanket	

Personal First Aid / Safety Kit

	Got it!
Personal medication	
Insect repellent	
Pen and Notebook	
Antihistamine	
Pain killer (eg Paracetamol)	
Scissors	
Safety pins	
Strapping tape	
Whistle	
Needle and thread	
Vaseline	
Iodine tablets	
Suncream and lip balm / chapstick	
Sticking plasters (dressing strips are great)	
Blister prevention (eg second skin, strapping tape)	
Rehydration sachets	
Foil survival blanket (should always be in your pack)	

Please do not bring alcohol, cotton clothing or glass containers.

Your trip leader will organise flies / tents, cookers, billies, a personal locator beacon (PLB) and communal first aid kit for the group.

Gear for weekend tramps

	Got it!
Pack	
Plastic pack liner	
Ground sheet	
Thermarest	
Sleeping bag (and liner if desired)	
Shorts	
2 polyprop/wool tops	
1 pair longjohns	
Polar fleece jacket/jumper or down jacket	
1 pair of tramping socks and underwear	
1 pair of hut socks, spare underwear and base layer for hut	
Gloves (waterproof in winter)	
Warm hat	
Waterproof parka (rain jacket)	
Waterproof over-trousers	
Gaiters	
Sturdy tramping boots	
1 pair hut shoes (jandals, sneakers or crocs)	
Sun hat, sunglasses, sunscreen	
Knife, spoon, bowl, mug	
Torch with spare batteries and bulb	
Camera	
Matches or lighter	
Map and compass	
Water bottle - minimum 2L	
Toilet paper	
Personal first aid kit and toiletries	
Wallet (or plastic bag with a couple of cards and cash)	
Food for all meals, snacks and emergency food	
Plastic bags (to put your gear in)	
Cell phone (for emergency only)	
Hut tickets or annual hut pass	
Ice axe, snow goggles and crampons (if directed by your trip leader)	
In winter, you might want to add: another top layer, another pair of long johns, a hut hat, firelighters, candle	