

Lightweight Bushwalking Overnight Gear List

This Gear List has been put together as a guide for overnight walks of up to 40kms over 3 days duration, sleeping in a hike tent. It is a guide only, and personal adjustments should be made for each individual's circumstances.

Please note that most packs are gender specific, and we recommend using an appropriate pack for your gender and height. It is important that your pack should never weigh more than 20% of your bodyweight, and is fitted properly to ensure comfort.

	Base Kit	Clothing
	1 x Pack – Fitted for height/gender (60-80L) EVERYTHING must fit inside this pack!	Rain Jacket
	Pack liner or 2 x garbage bags, waterproof	Water Proof Trousers (if required)
	Tent – small 2P hike	Walking Boots (break in new boots)
	Sleeping bag & liner, in own waterproof bag	Walking Socks x 4 pairs , thick woollen style
	Self-inflating mat (e.g. ultralight Thermarest/Sea to Summit) OR foam bed roll	Underwear x 2
	Hike Camp Stove (e.g. Hexamine or gas)	Merino Thermals (durable, warmer, won't smell)
	Fuel for stove (Hexamine or gas)	Collared shirt, lightweight long-sleeved
	Matches	Zip off pants
	Cooking Pot (lightweight for hiking)	Lightweight warm jacket
	Head Torch (+ spare batteries)	Beanie and/or neck muff/bandana
	Toiletries (deodorant, wipes, toothbrush/paste)	Gloves
	Toilet Paper & nappy bags	Sunhat – broad brimmed or bucket style
	Trowel, Small	
	Sunscreen & Bug Repellent	Food (<i>Note: Remove heavy packaging – no tins</i>)
	Hand sanitiser	Dehydrated Food according to meal plan
		Snacks
	Safety Kit	
	Personal Locator Beacon (Leader to carry)	Optional Items
	Personal First Aid Kit	Walking Poles
	Whistle	Gaiters
		Repair Kit
	Mess Kit	Inflatable Pillow or stuff your clothes in the sleeping bag cover
	Eating utensils	Camp sandals
	Plate/Bowl (or just use cooking pot)	Camera
	Mug	2 Way Radio/Mobile Phone
	Water bottle(s) 2x 1L– not to look like fuel bottle	GPS (you still need maps as GPS goes flat)
	Biodegradable detergent and small sponge	Sunglasses
	Bag for rubbish	Water Filter or Puritabs
		Camelbak style bladder
	Navigation	Stuff sacks - waterproof (to compartmentalise items)
	Compass	
	Map & Waterproof Map Pouch/ zip lock bag	
	Guide Book/Route Instructions	MEDICATION Please advise leader in attendance at activity if you have medication
	Pencil/Notebook/Book/Cards	

As you buy kit and pack, remember that you need to carry it all. For the whole trip...