HIKER'S PERSONAL CHECKLIST

Most of the items listed here should be carried by each hiker, although certain items (e.g. tent, stove, pots, lamp and spade) can be shared. It is always a good idea to carry at least one spare map!

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HIKING EQUIPMENT			heck	Iten	ns U	пне	ere		
Comfortable backpack (full hip belt of correct size)		-							
Hiking boots (preferably with full ankle support)		_							
Sleeping bag (hollow fibre or down for winter)		_							
Hiking stove		_							
Stove fuel									
Pots or billies for cooking									
Mug, bowl, knife, fork and spoon									
Gas lamp / hiker's candle									
Ground sheet									
Hiking mattress									
Water bottle									
Small spade									
Large plastic bags for clothes and sleeping bag									
Small plastic bags for dirty / wet clothes and rubbish									
Small torch (with new cells)									
Tent (for escarpment hikes)									
Мар									
Compass and / or GPS									
CLOTHING		С	heck	Iten	ns O	ff He	ere		
Shorts (2 pairs)		T			1				
Shirts (1 for every 2 days)									
Underwear									
Warm tracksuit (for sleeping)									
Hiking socks (1 pair for every 2 days)									
Hat									
Sunglasses									
Costume and towel									
Fully waterproof raincoat, rainsuit or anorak									
Polar fleece jacket or long-sleeve shirt									
Sandals / light shoes for campsite									
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TOILETRIES		0	heck	Iton	ne O	ff Ha	iro		
Toilet roll (in sealed plastic bag)									
Face cloth									
Plasters for blisters, etc.									
Headache tablets									
Comb									
Toothbrush and toothpaste									
Deodorant									
Insect repellent (e.g. Tabard)		-							
Sunscreen and lip balm		_							
ADDITIONAL ITEMS FOR WINTER HIKES	<u> </u>	0	heck	iten	ns O	ΠΗΘ	ere	1	
1 pair sports socks (for sleeping)	+ + - + - + - + - + - + + - + + - + + - +								
Balaclava and scarf					<u> </u>	<u> </u>			
Gloves / mitts							 		
Walking Longs	\vdash	_							
Sweatshirts / rugby jerseys (1 for every 2 days)									<u> </u>
Thermal underwear									