



Hike Packing List

- **For overnight hikers, in 60L min backpack**

1. 1 pair wool socks
2. 1 pair pants, avoid cotton
3. Rain pants if weather calls for rain
4. 1 underwear
5. 1 shirt, not cotton
6. Night time clothes (long johns and top)
7. Hoodies or fleece top
8. Winter sleeping bag
9. Sleeping pad
10. Reflective ground sheet
11. Extra winter weight mitts or gloves
12. Flashlight, preferably a headlamp (with new batteries)
13. Mess kit (bowl, mug, spoon)
14. Personal hygiene kit (Wet wipes, toilet roll, tooth brush, tooth paste (1 per patrol))

**** Clothes must be stored in dry sack

**** Sleeping bag must be stored in a dry sack or covered with plastic bag

- **For day hikers, in daypack backpack**

1. Lunch
2. Extra socks, mitts/gloves, shirt, all stored in a dry sack or waterproof bag
3. Mess kit (bowl, mug, spoon)
4. Flashlight, preferably a headlamp
5. Rain pants if weather calls for rain
6. Wet wipes

- **For everyone to wear (avoid cotton)**

1. 1 liter water bottle, filled
2. Hiking boots (**NO winter boots/rain boots/running shoes**)
3. Wool socks
4. On the upper half of the body, several layers of clothes, including waterproof outside layer and waterproof hood
5. Long pants, not jeans
6. Hat or balaclava
7. A pair of mitts or gloves

- **Optional**

1. Hiking stick or pole
2. Camera
3. Toothbrush
4. Knife, with permit
5. Medication
6. Stuffed animal

- **DO NOT BRING**

1. Food, other than lunch for day hikers
2. Electronic devices, games etc.
3. Matches
4. Fuel
5. Chair