**Overnight Hike packing list Template**

Equipment:

* Hiking pack 45-60L
* Sleeping Mat (light weight & if inflatable insulated)
* Sleeping Bag (light weight, with a 0 deg rating)
* Hiking poles
* Big Dry Bag or decent thick bin liner.
* Water – 2L camel pack or drink bottles (if drink bottles will be put in backpack side pockets make sure they can’t fall out or make sure they have something to attach to the bag)
* Tent
* Hiking cooking set, gas & matches if needed.
* Cutlery
* Bowl and mug (lightweight and compact if possible).
* Sunscreen
* Insect repellent
* Hand sanitiser
* Baby wipes (half of a small pack)
* Toothbrush, toothpaste
* Hairbrush
* Deodorant
* Small torch & batteries
* Fly net (optional)
* Ear plugs (optional)
* Aquatabs for water treatment (buy from chemist)
* Emergency blanket.
* Personal first aid kit.
* Medication if needed.
* Small hiking towel.
* Bag for rubbish.

Clothing:

* Socks thick hiking socks x 2 (one to wear and one to pack)
* Socks thin inner socks x 2 (one to wear and one to pack)
* Hiking Shoes/Boots
* Undies x 2 (one to wear and one to pack)
* Lightweight pants x 1 (to wear) (NO JEANS) ones with zip off legs are perfect then you can have shorts too
* Shorts x 1 (if you don’t have zip offs)
* Collared shirt x 1 (to wear)
* Long sleeved shirt x 1
* Jacket - Light and compact but warm
* Beanie (if cold)
* Broad brimmed hat
* Gloves (if cold)
* PJ’s (preferably light weight or thermals)
* Bed socks
* Poncho or rain jacket (check if your pack has a rain cover, usually they are in a pocket on the bottom of the bag)
* Slides or crocks if you have them (optional) (for wearing around camp)

Food (for multi-day you will need a meal plan to make sure you don’t have too much weight)

* *Dinner*
* *Lunch*
* *Breakfast*
* *Snacks*
* *Emergency food (in-case of extended stay or lost food)*