

What's in Your Day Hike Pack ?

<i>Plan emergency exit routes</i>			
	<i>Think lightweight</i>		
		<i>If in doubt - leave out</i>	
			<i>All in the pack or leave home</i>
THE PACK	TO WEAR	MENU/FOOD	EMERGENCY
20 to 35 litres	Hat (wide brim)	Water - min. 2 litres :	Torch (2 x "C" or 2 x "AA")
Ground sheet (plastic)	Singlet	1 x 600ml & 2 x 750 ml	First aid (soap box)
Rubber/foam seat	T shirt & Flannel shirt (winter)	M/T	Elastic bandage
Parker (wind & showers/rain)	Long sleeve cotton shirt (summer)	2 x slices of fruit loaf	Triangular bandage
Fleece top or jumper	Shorts (for tracks & trails)	1 x banana	Wide elastic bandage (snake bites)
Spare sox	Long pants or gaiters (bush routes)	LUNCH	Mirror & whistle
Aerogard (roll on)	2 pr sox (for boots)	1 x 220g baked beans	Nylon cord
Sun screen	Walk shoes, joggers or boots	2 x wholemeal bread	Thermal blanket
Stingose		1 x 140g fruit salad	
Toilet paper		1 x 140g custard	
Note book & pen		A/T	ESSENTIAL
Map (in plastic) & Compass	DILLY BAG	Nuts	Money
Mobile phone (in seal bag)	Desert spoon	Museli bar	Wallet/cards
Pedometer	Tea spoon	Dried apple/apricot/fruit	Keys
Thermometer	Knife	Dark Chocolate	Medication (as required)
Pack rain cover	EQUAL tabs (sugar)		
SUMMER	Cup		
Swimmers	Pen knife (sharp)	OTHER	OPTIONAL
Towel	Matches (waterproof) or lighter	6 x Barley sugar	Camera / binoculars
Water shoes	Tin opener (Army style)	1 x Pkt Ovaltinies	GPS or 'eTrex'
WINTER	Salt	Nuts or Trail mix	Gloves (in bush, grasses or rock)
Scarf	Spare water bottle cap	4 x tea bags	Nylon fly (for summer shade)
Mits		2 x Plastic bags (wet goods/rubbish)	Sun glasses
Beanie			