

Allegheny Outfitters Hiking Checklist

This Quick List and Detailed Check List can be used for overnight hiking, camping and outdoor activities. Print it and use it to help pack for your next trip.

CLOTHING

- Sun hat
- Hiking shoes
- Spare light shoes / Sandals
- Insulation layers(wool or fleece)
- Rain & wind gear
- Shorts, T-shirts
- Jacket & pants or Poncho (Rain Gear)
- Socks (Woolen) & sock liner
- Extra shoe laces
- Thermal Underwear
- Swim wear
- Tracksuit
- Long sleeve shirt & pants

BACKPACK

- Backpack (Proper fit crucial)
- Waterproof sac-liner
- Extra lash straps
- Daypack / Fanny pack

SHELTER & SLEEPING

- Tent with flysheet, stakes & poles
- Sleeping bag (Proper temp. rating)
- Light compact Pillow & Mattress
- Ground sheet (Not sleeping in a tent)
- Spare stakes
- Extra tie-down cord
- Sleeping bag liner

THE ESSENTIALS

- Map, compass & money
- Waterproof matches & fire starter
- Insect repellent & / or netting
- Medication First Aid kit
- Extra prescription glasses or contacts
- Knife / Sewing kit
- Small torch & extra batteries
- Canteen or Water Bottle
- Whistle / Flares

MISCELLANEOUS

- Necessary licenses & permits
- Hiking guides Notebook & pencil
- Waterproof dry bag (Survival bag) for crossing rivers
- Camera & extra film
- Binoculars

KITCHEN

- Stove & fuel/gas
- Biodegradable soap & dish towel
- Pots Mug, bowl, plate & utensils
- Water purification tablets or filter
- Large stuff sack (hang rubbish in trees)

- Spare fuel/gas cylinder
- Tin opener
- Lantern / Candles / Matches
- Garbage bag

FOOD

- Coffee / tea / sugar / milk powder
- Precooked or instant oats
- Cheese wedges & butter
- Tuna / Viennas / Dried meat (Biltong)
- Energy bars, Dried fruit & Nuts

- Spices & salt
- Pasta & sauce
- Dehydrated food
- Instant coldrink powder

TOILETRIES

- Toothbrush & toothpaste
- Biodegradable soap, shampoo, etc.
- Face cloth & Towel

- Toilet paper
- Deodorant

FIRST AID KIT

- Headache tablets
- Eye drops
- Plasters
- Lipbalm
- Mercurochrome (disinfectant)
- Anti-inflammatory balm (muscular pain)

- Imodium (stomach)
- Sun Screen & Sun block
- Vaseline
- Scissors
- "Space" Blanket
- Whistle for emergencies

NOTES: These lists should act as guides only. It's advisable to have a qualified first aider, trained for emergencies and in the proper use of medicine with you on your trip.