

DAY PACK CHECKLIST.

- Waterproof coat
- Waterproof pants, if owned
- Warm jacket/polar fleece
- Spare thermal top, in winter
- Sunhat
- Sunscreen
- Sunglasses
- Beanie
- Gloves
- Pack liner to keep stuff dry
- Torch, spare batteries in small plastic container
- Toilet paper, in plastic bag. Double bag so it doesn't get wet.
- Trowel, in plastic bag so it doesn't dirty anything else. (Wash in hot water after use.)
- Gaiters. (Wash after use if muddy.)
- Matches, in plastic container
- Emergency blanket made of alfoil type stuff.
- Lunch
- Water bottle, at least one litre.
- Thermos, if liked.
- Map, if leading. Put in map case or plastic bag so it doesn't get wet.
- First Aid kit, with own medication.

Remember to check walk description for any extras to bring, like camera, or any tips about how much water to bring.

You need nutritious food for lunch and for snacks. Try some of the following.

Lunch:

- Sandwiches or salad rolls,
- Fruit
- Sweet biscuits
- Cake

Snacks: Muesli bars, fruit, cake, lollies.

Don't rely too much on lollies.

Don't plan to cook lunch.