



Backpacking Kit Checklist

Overnight camping & carrying

Tent	<input type="checkbox"/>	Repair kit	<input type="checkbox"/>	Groundsheet	<input type="checkbox"/>	Sleeping mat	<input type="checkbox"/>
Sleeping bag	<input type="checkbox"/>	Inflatable pillow	<input type="checkbox"/>	Rucksack	<input type="checkbox"/>	Kayak/dry bags	<input type="checkbox"/>

Cooking & food

Stove	<input type="checkbox"/>	Gas	<input type="checkbox"/>	Lighter	<input type="checkbox"/>	Sponge	<input type="checkbox"/>
Cookset	<input type="checkbox"/>	Mug	<input type="checkbox"/>	Plate/bowl	<input type="checkbox"/>	Spork/utensils	<input type="checkbox"/>
Water container	<input type="checkbox"/>	Breakfasts	<input type="checkbox"/>	Evening meals	<input type="checkbox"/>	Tea/coffee	<input type="checkbox"/>
Hill food	<input type="checkbox"/>	Energy food	<input type="checkbox"/>	Spare food	<input type="checkbox"/>	Camping treat	<input type="checkbox"/>

Clothing

Waterproof jacket	<input type="checkbox"/>	Waterproof trousers	<input type="checkbox"/>	Fleece and spare	<input type="checkbox"/>	Base layer and spare	<input type="checkbox"/>
Down jacket	<input type="checkbox"/>	Trousers	<input type="checkbox"/>	Long-johns	<input type="checkbox"/>	Socks and spare	<input type="checkbox"/>
Pants and spare	<input type="checkbox"/>	Hat and spare	<input type="checkbox"/>	Gloves and spare	<input type="checkbox"/>	Over-gloves/mitts	<input type="checkbox"/>
Buff and spare	<input type="checkbox"/>	Boots	<input type="checkbox"/>	Gaiters	<input type="checkbox"/>	Crocs/flip-flops	<input type="checkbox"/>

Other

Small first aid kit	<input type="checkbox"/>	Penknife/multi-tool	<input type="checkbox"/>	Torch	<input type="checkbox"/>	Spare batteries	<input type="checkbox"/>
Map	<input type="checkbox"/>	Compass	<input type="checkbox"/>	Phone (charged)	<input type="checkbox"/>	Whistle	<input type="checkbox"/>
Trowel	<input type="checkbox"/>	Toothbrush	<input type="checkbox"/>	Wipes	<input type="checkbox"/>	Towel	<input type="checkbox"/>
Sun-cream	<input type="checkbox"/>	Midge repellent	<input type="checkbox"/>	Deodorant	<input type="checkbox"/>	Hand-warmers	<input type="checkbox"/>
Watch	<input type="checkbox"/>	Walking poles	<input type="checkbox"/>	Camera	<input type="checkbox"/>	Survival bag	<input type="checkbox"/>

Notes :

- Please do not bring soap or shampoo - just use wipes and sanitising lotions. No toothpaste either, bring some mints or Tic-Tacs !
- We must leave no trace after our stay, so all rubbish must be taken back out, therefore bring a poly bag for this. Bring another for used/wet clothing.
- To minimise weight, carry in dried meals and dried milk and avoid canned food.

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