

Day Walk Checklist

House		✓
Day Backpack	E	
Waterproof pack cover or internal plastic liner	L	

Food		
Morning Tea	L	
Lunch	E	
Afternoon Tea	L	
Scroggin / Snacks	E	

Kitchen		
Water in suitable container (eg. wine bladder, water bottle or Camelback) check with leader if you're unsure how much	E	
Matches (firelighters/paper) in waterproof container	E	
Billy (lid optional) in cloth or plastic bag (if cooking on fire, billy may blacken and dirty your pack)	L	
Cup	L	
Fuel stove & fuel	L	

Accessories		
Torch & spare batteries (+ spare bulb if incandescent) – head torches give you both hands free	E	
First Aid kit	E	
Sharp knife – eg. Swiss Army style or with sheath/cork over end.	E	
Sunnies	E	
Sunscreen	E	
Compass	E	
Map in waterproof map case	E	
PLB (one per party)	E	
GPS (one per party)	E	
Insect Repellent	L	
Emergency Food (eg. muesli bars, 2 min noodles)	E	

Clothes		✓
Wear		
Socks	E	
Shorts / Zip Offs / Pants	E	
Undies	E	
Shirt / Top / T-Shirt	E	
Wide-Brimmed hat	E	
Boots / Shoes	E	
Gaiters (condition dependent)	E/L	
In the Pack		
Waterproof Parka (Gore-tex or similar)	E	
Fleece or similar	E	
Thermal top	L	
Thermal bottoms	L	
Cossie & towel (if swimming options in Summer)	L	
Cold Walks		
Gloves	E	
Beanie	E	
Thermal top (longsleeve)	E	
Thermal bottoms	E	
Waterproof rain pants	L	

Personal Items / Other		
Toilet paper + hand sanitizer (eg. Purell)	E	
Handkerchief	L	
Lip Salve	E	
Camera	L	
Notepad & Pen	L	

E = Essential

L = Luxury

Note:

This is a rough guide only and will vary depending upon the area, season, weather and other factors. Check with the walk leader for possible variations from this list.

PS: Don't forget to trim your toenails and remove jewellery before the walk. A watch is a good navigation device so do bring one with you.