

## Overnight Checklist

House		
Pack	E	
Waterproof pack cover or internal plastic liner	L	
Tent or Fly + ground sheet	E	
Pegs and Poles for tent or fly	E	
Sleeping Bag	E	
Thermarest / Sleeping Mat	E	
Silk inner for sleeping bag	L	

Food		
Breakfast x #	E	
Lunch x #	E	
Dinner x #	E	
Scroggin /Munchies	E	
Happy Hour Food	L	
Happy Hour Wine	L	

Kitchen		
Wine bladder for water carrying	E	
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)		
Cup	E	
Spoon	E	
Plate (save space/weight and eat straight from billy)	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	
GPS (one per party)	E	
PLB (one per party)	E	
Emergency Food (eg. muesli bars, 2 min noodles)	E	

Insect repellant	L	
Fly Veil (handy for Top End or Snowies trips)	L	
Chux (having a couple of Chux cloths come in handy for having a wash on extended walks)	L	

Clothes		
<b><i>Wear</i></b>		
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	
<b><i>In the Pack</i></b>		
Thermal Top	E	
Thermal Bottom	E	
Waterproof Parka (Gore-tex or similar)	E	
Fleece or similar	E	
Socks	L	
Undies	E	
Shirt /Top /T-shirt	L	
Sandals	L	
Cossie	L	
Handtowel (Chux)	L	
<b><i>Cold Walks</i></b>		
Gloves	E	
Beanie	E	
Waterproof rain pants	E	

Personal Items / Other		
Deodorant (you'll smell anyway)	L	
Toothbrush & Paste	E	
Toilet paper + hand sanitizer (eg. Purell)	E	
Lip Salve	E	
Camera	L	
Book	L	
Notepad & Pen	L	
Handkerchief	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 tool however. Ask you leader if you need to know how.