



# Border Outdoor Adventure Association

## CHECK LIST FOR HIKERS & CAMPERS

### Clothing:

- Sun hat / Socks (woollen) & sock Liner
- Hiking shoes / Spare shoes, Sandals / Laces
- Thermal Underwear / swimwear
- Insulation layers (Wool or synthetic fleece)
- Shorts, T-Shirts
- Long sleeve shirt & pants / Tracksuit
- Rain & wind gear -Jacket & pants or Poncho

### Pack: (one or more, as appropriate)

- Rucksack (Proper fit critical)
- Waterproof sac-liner
- Daypack / Fanny pack / belt pouch
- Stuff sacks (for organising pack)
- Extra lash straps

### Shelter & Sleeping:

- Tent (Seam-sealed, with fly, stakes & poles)
- Spare stakes / Extra tie-down cord (+/- 15m)
- Sleeping bag (proper temp. rating)
- Sleeping bag liner / pillow (optional)
- Mattress (For insulation & cushioning)
- Ground sheet (if not sleeping in a tent)

### The Essentials:

- Map, compass & money
- Waterproof matches & fire starter
- Canteen or water bottle / spare blanket
- Knife / sewing kit / torch & extra batteries
- Insect repellent & or netting
- Whistle / Flares (opt)
- Spare prescription glasses & Medication

### First Aid Kit:

- Headache tablets / Imodium / Voltaren
- Eye drops / Plasters / Vaseline / lipice
- Mercurochrome / Scissors
- Emergency Blanket / Whistle
- Sun screen / Sun block

### Kitchen:

- Stove & fuel / Spare gas cylinder
- Cook kit / Cooking pots
- Mug, bowl, late & utensils
- Sealed containers (salt, cooking oil, ect.)
- Tin opener
- Bio-degradable soap a dish towel
- Water purification tablets or filter
- Garbage bag
- Large stuff sack (To hang food in a tree at night)
- Lantern / Candles / Matches

### FOOD

- Coffee / Tea / sugar / milk powder
- Spices & salt / Cheese wedges & butter
- Dehydrated food / Pre-cooked oats
- Energy bars / Pasta & sauce
- Tuna / viennas / cool drink / powder

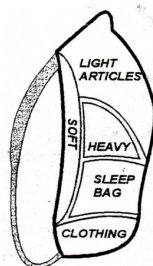
### Toiletries

- Toothpaste & Toothbrush
- Toilet Paper
- Deodorant
- Trail care Range (bio-degradable soap)
- Towel

### Miscellaneous

- Necessary Licences permits
- Hiking guides
- Notebook & pencil
- Camera & extra film
- Binoculars

Waterproof dry bag (Survival bag) for river crossing



**Maximum back pack weight depends on many factors ie. Your own bone size / height / physical fitness and strength. Therefore MAX backpack weight can be anywhere upwards of 15% of your body weight. It is not recommended that you carry more than 33% of your own body weight.**