



What to bring on a day walk

- **Comfortable daypack** (approx 30lt)- with heavy duty plastic bag to line pack (and/or a pack cover) to keep things dry
- **Strong, comfortable footwear – preferably lace up boots with ankle support**
- Gaiters (optional)
- Raincoat (mandatory) ie Goretex with hood
- Fleece or warm jacket
- Quick dry trousers (*Jeans/cotton pants are not suitable for bushwalking*). Shorts are generally suitable only for open-country walking
- Long-sleeved shirt (for sun and scrub protection)
- **Waterproof over pants** – for periods of rain or cold/wintery conditions
- **Thick socks**
- Beanie/balaclava and gloves/mittens
- Sun hat & sunscreen. Sunglasses for sun/snow conditions
- Set of thermals (in case of emergency)
- **Water - minimum 1 litre - in** an unbreakable container. In hot weather you may be wise to carry 2 litres or more. In winter a thermos of hot water for tea/coffee/soup makes a great comforter
- **Food for the day** - morning tea/snacks/lunch/afternoon tea
- **First aid - (for list see below)**
- **Toilet trowel and paper in a plastic bag**
- Hand sanitiser
- **Whistle for safety** - metal or plastic
- **LED headlamp torch and spare batteries** – in case of staying out later than intended
- **Compass and map**

A change of clothes left in the car or bus is always a good idea, along with some post walk nibbles, additional water or a thermos for a warming drink in winter.

Don't forget **cash** (for the levy on car trips) and for any 'coffee stop' along the way