

What should I bring on an overnight walks?

Ankle-support, lace-up walking boots

Gaiters (optional)

Backpack (with heavy duty garbage bag or liner to line pack)

Light weight tent with floor and fly (may be shared)

Quality sleeping bag (suitable for snow)

Sleeping mat

LED head-torch with spare batteries

Compass

3/4 length waterproof raincoat with hood

Waterproof over-pants

Fleece jacket

Quick-dry trousers or shorts

Sun Hat

Thermals and long johns

3 pairs of socks

Beanie and mittens/gloves, including a pair of gardening type gloves to protect hands in scrub

A change of clothes for sleeping in or when drying other clothes

Dark glasses for snow glare. Yellow sunglasses work well in sunny conditions in scrub

Cutlery

Plastic mug

Matches in waterproof container and/or a flint striker

Water bottle (full)

Wine bladder (or similar) for water storage

Whistle

First Aid Kit

Stove and fuel (may be shared)

Food (see below) - lightweight and easy-to-cook

Trowel and toilet paper in plastic bag

Personal medication

Money for trip levies

A change of clothes and towel in a bus-bag

Not mandatory but recommended:

Groundsheet
Light camp shoes or plastic bags (to put over dry socks before putting on wet boots)
Bowl (if not in stove)
Pocket knife
Map (1:25 000 preferred if available)
Toothbrush and paste
Sunscreen
Plastic bags - to waterproof the sleeping bag and to put dry clothes into
Insect repellent (tropical strength)

What food should I take?

As a general guide for overnight walks allow 700g - 1kg of food per day per person. The weight of the food is important as is the kilojoules and nutritional value. Healthy well balanced meals contain the right balance of carbohydrates, protein, and fats, and are particularly important in the bush.

Always pack some extra in the unlikely event that the trip may be extended.

Pre-mix your meals e.g. put your muesli, powdered milk, and dried fruit together and label each bag. You can also separate your meals into different bags in your pack, as that might make it easier rather than sorting through lunch and dinners looking for your morning brekkie.

Snacks

Have some snack foods in the top of your pack for those short rest stops or while taking in a spectacular view.

- Dried fruit , nuts and seeds ('trail mix' can be bought premixed from Coles and other supermarkets)
- Muesli bars, protein bars, energy bars
- Jerky
- Chocolate and lollies

Lunch

For lunch, you'll want something easy to prepare, and that doesn't involve having to fire up your stove. Crackers, wrap bread, or dense bread with toppings are an excellent staple for lunch. Add sun-dried tomatoes, hummus, tahini, salami , cheese or packet tuna.

Easy to prepare food for lunches

- Crackers, biscuits
- Pita bread
- Tortillas

- Rye or other dense bread
- Cheese
- Sun-dried tomatoes
- Dried meats (salami)
- Tuna
- Shelf stable hummus or tahini
- Honey, jam, nut butter, chutney or relish

Dinner

Dinner can be a gourmet meal you prepare, commercially packaged meals ie Back Country meals & Outdoor Gourmet, or a dehydrated meal you have made ahead.

Dehydrating your own food is a cheaper option than commercially package dehydrated meals. When at camp, just add water and reheat.

If you pack staple carbs such as instant rice, pasta, couscous or noodles, and then add some protein, dried vegetables, and sauces or spices – you'll have a pretty tasty meal that will provide you with the protein, carbohydrates and fats you need after a long day of exertion.

Food ideas for dinners

- Fast cooking rice
- Pasta
- Couscous
- Noodles
- Tuna, salmon, or sardines in a packet (not a tin)
- Jerky, salami, or other dried meat
- Cheese eg gouda or cheddar
- Lentils
- Dried vegetables
- Instant mashed potato

Tea, coffee and packet soups are a real boost at night or at the rest stop on a cold day. It is amazing how much better a view looks with your hands wrapped around a warm cuppa.