



BASE CAMP

EST 1989

Hiking Checklist - Quick Gear Summary

Safety & Emergency Items	Day Hike	Overnight Hike	Multiple Day Hikes
<p>Water</p> <ul style="list-style-type: none">- <i>Water Bottles</i>- <i>Hydration Bladders</i>- <i>Water Filter / Treatment</i>- <i>Collapsible Water Storage</i>	<p>Pre-hydrate: 2-2.5 Cups (0.50 L - 0.60 L) 2 to 3 hours before and 1 cup (0.24 L) 30 mins before the hike.</p> <p>During the hike: About 1 cup (0.20 L - 0.30 L) per 10 to 20 mins of activity.</p> <p>Post-hike: 1 cup (0.24 L) 30 minutes after the hike and then the remainder of the day 2-3 cups (0.47 L - 0.71 L) for every 450 grams of body weight lost during the hike.</p>		
<p>Food</p> <ul style="list-style-type: none">- <i>Ready Made Meals</i>- <i>Energy Foods</i>- <i>Hydration Mixes</i>- <i>Easy-to-carry Foods</i>	<p>Always have an extra day's worth of food in your pack.</p> <p>Carry 0.7kg - 1kg of food per day.</p> <p>Depending on your body weight, you can burn from 180 kcal to 370 kcal per hour while hiking on a flat surface with average walking speed.</p>		
<p>Navigation</p> <ul style="list-style-type: none">- <i>Whistle</i>- <i>Smart Phone</i>- <i>Map & Map Case</i>- <i>Compass</i>- <i>GPS / PBL</i>	<p>The list of items in the list can be tailored based on the length and remoteness of the hike. However, these items are relatively lightweight and it is always better to be safe than sorry, so we recommend that you have them with you as much as possible.</p>		

Headlamp / Torch	✓	✓	✓
First Aid Kit	✓	✓	✓
Pocket Knife / Multitool	✓	✓	✓
Sun Protection <i>1x Sunglasses</i> <i>1x Sunscreen</i> <i>1x Head or/and Neckwear</i> <i>1x Sunshirt</i>	✓	✓	✓
Shelter <i>1x Survival Blanket/Shelter, Tarp, Bivy or Tent</i>	✓	✓	✓
Fire Source	✓	✓	✓
Backpack	✓	✓	✓
Hiking Clothing <i>- Quick-Drying Underwear, Quick-Drying Shorts/Pants, Synthetic or Merino Wool T-shirt</i> <i>-Waterproof Rain Jacket for Wet or Rainy Conditions as Outer Layer</i> <i>- One or A Combination of Thermals, Lightweight Fleece, Down Jackets, Gloves for Colder Climates as Added Layer</i> <i>- Appropriate Socks for the Climate (Have an Extra Pair)</i>	<p>Always aim for moisture-wicking, breathable, sun and weatherproof clothing that can dry quickly and can keep you dry.</p> <p>In rainy or colder environments, added layering is crucial. Carry extra clothing to manage emergencies and to have a comfortable experience.</p>		
Hiking Footwear <i>1x Pair of Sandals, Trail Runners, Shoes or Boots</i>	<p>Wear appropriate footwear depending on the length, terrain and weather conditions of the trail to avoid injuries.</p>		

Sleeping Gear	Day Hike	Overnight Hike	Multiple Day Hikes
Sleeping Bag or Quilt	X	✓	✓
Inflatable Sleeping Mat or Pad	X	✓	✓
Compact Pillow	X	○	○
Insulated Footwear	X	○	○
Sleeping Bag Thermal Liner	X	○	○
Tent Footprint	X	✓	✓
Quick Dry Towel	X	✓	✓
Other Hiking Gear	Day Hike	Overnight Hike	Multiple Day Hikes
Trekking Poles	✓	✓	✓
Gaiters	✓	✓	✓
Gloves	○	○	○
Footwear Traction	○	○	○
Dry Bags			
Compression Sacks	○	✓	✓
Pack Liners			
Backpack Raincover	✓	✓	✓
Insect Repellent & Head Net	✓	✓	✓
Cooking Gear	Day Hike	Overnight Hike	Multiple Day Hikes
Fork	X	○	✓
Spoon	X	○	✓
Mug	X	✓	✓
Plate/Bowl	X	○	✓
Pot	X	○	✓

Stove	X	○	✓
Fuel	X	○	✓
Portable Coffee Maker	○	○	○
Utility & Comfort Items	Day Hike	Overnight Hike	Multiple Day Hikes
Resealable Rubbish Bag	Leave no trace and protect the environment.		
Pegless Clothes Line	X	○	✓
Compact Lantern	X	✓	✓
Powerbank	X	○	✓
Solar Charger	X	○	✓
Lip Balm	✓	✓	✓
Hand Sanitiser / Soap	○	○	○
Wet Wipes	○	○	○
Notebook & Pencil	✓	✓	✓