

Stuff for Hikes

Individual

Base

- Tent
- Sleeping bag
- Pillow
- Mattress
- Rain cover (poncho/raincoat)
- Clothes for sleeping (long clothes preferred for mosquitos)
- Clothes for walking
- Headlamp

Extra

- Toothbrush
- Toiletries
- Thongs/sandals
- Water Carrier
- Foam Sit Pad
- Headphones
- Mug
- Cutlery
- Towel
- Buff/Hat
- Sunglasses
- Kindle
- Comb
- Fishing Rod

Shared

	Who?
Water Carrier	
Hiking Poles (to share)	

USB Battery Banks	
Type C and Micro Cable	
Knife	
First Aid - Snake bandage - Gauze - Paracetamol - Ibuprofen - Antihistamine - Band-aids - Tiger balm - Antibacterial cream	
Deet/Insect Repellent	
Jetboil + Coffee plunger	
Water Treatment Tablets	
Tea	
Sunscreen	
Sanitizer	
Playing cards / Games	
Coffee	
Toilet paper	
Mosquito Coils	
Trowel	

Meals:

	Breakfast	Lunch	Dinner
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Day 1			
Day 2			
Day 3			

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