

Shipwreck Hiking & Canoe Trails

'Hiking' Trail Checklist



HIKING GEAR CHECKLIST

Clothing	Carrying	Utensils	Toiletries	Medicinal (guideline)
Boots Crocs & Flip-flops Shorts Tracksuit T-shirt Windbreaker Costume Hat Light-weight rain suit	Backpack Water bottle Daypack Torch Candle Sunglasses Binoculars Camera Spare batteries Solar panel Charger Pen/ pencil Thick plastic bags or survival bags to cover your backpacks in case of rain. Fire starter	Fork Knife Spoon Matches Lighter Tin opener Plate Mug Dish wash & cloths	Towel Shower gel Face cloth Tooth brush Tooth paste Toilet paper Sun Block Other toiletries <hr/> Sleeping <hr/> Sleeping bag Pillow	Plasters Eye drops Pain tablets Antiseptic Anti-inflammatory Deep Heat Lip-ice Crepe bandage Imodium Space blanket Salt pills Personal medication Muscle relaxant Insect repellent TICK repellent

MENU PLANNER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

Details of next of kin, in case of emergency. Medical Aid Information. Your medical history in case of emergency

It is recommended to carry no more than 1/3rd of your body weight.

Crocs/Flip-flops for beach hiking – boots for riverine/farmland hiking.

Boots should be one size larger than your normal size, as feet will swell while hiking.

Use this form as a guide when packing or design your own.

Lay your kit on a bed before you pack, and then check it with list.

The above indicates a comprehensive list of equipment, etc