



OVERNIGHT HIKE PACKING LIST

Essentials:

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|---|--|---|
| ☐ Backpack (50-70L size) | ☐ Sleeping Mat/pad | ☐ Sleeping Bag |
| ☐ PLB Emergency Beacon | ☐ GPS Device | ☐ Topo Map |
| ☐ Head Torch (charged) | ☐ First Aid Kit (stocked) | ☐ Tent (fly and Inner) |
| ☐ Tent Pegs | ☐ Tent Poles | ☐ Tent Footprint or Tarp |
| ☐ Water | ☐ Food & Snacks | ☐ Compass |
| ☐ Fire Lighter | ☐ Knife | ☐ Toilet Paper + Trowel |

Clothing Layers:

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|---|---|---|
| ☐ Hiking shoes | ☐ Socks + spare pair | ☐ Base Layer (shirt/long sleeve) |
| ☐ Mid Layer (fleece) | ☐ Shell/Rain Jacket | ☐ Shell/Rain Pants |
| ☐ Hiking pants | ☐ Hat/ beanie | ☐ Thermals (if needed) |
| ☐ Gloves (plus liners) | | |

Optional Extras:

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|---|---|--|
| ☐ Sunscreen | ☐ Insect Repellent | ☐ Camera (charged) |
| ☐ Pack Rain Cover | ☐ Pillow | ☐ Lip Balm (with SPF) |
| ☐ Hand Sanitiser | ☐ Toothbrush | ☐ Toothpaste |
| ☐ Hiking Poles | ☐ Dry/compression Bags | ☐ Pack Liner |
| ☐ Packets of Tissues | ☐ Spare Plastic Bags | ☐ Spare Ziplock Bags! |
| ☐ Scourer (for Dishes) | ☐ Dishwashing Liquid | ☐ Cooking Pot |
| ☐ Gas Stove | ☐ Gas Canisters (full) | ☐ Spork |
| ☐ Salt/pepper | ☐ Sleeping Bag Liner | ☐ Small Microfiber Towel |
| ☐ Camping Permits | ☐ Rehydration Salts | ☐ Water Treatment Tablets |

For more, visit www.theverticaladventurer.com



DAY HIKE PACKING LIST

Essentials:

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| ☐ BackPack | ☐ Water (2L per half day) | ☐ Map |
| ☐ Compass | ☐ Charged Phone | ☐ Headtorch |
| ☐ Trip Intentions | ☐ First Aid Kit | ☐ Food and Snacks |
| ☐ PLB emergency beacon | ☐ Sunscreen | ☐ Hat |
| ☐ Toilet Paper + Trowel | | |

Clothing Layers:

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|--|---|---|
| ☐ Shell/rain jacket | ☐ Shell/rain Pants | ☐ Mid layer (fleece) |
| ☐ Base Layer (shirt or long sleeve) | ☐ Down Jacket | ☐ Hiking Pants |
| ☐ Beanie | ☐ Hiking Socks | ☐ Gaiters |

Optional Extras:

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|--|--|---|
| ☐ Hiking Poles | ☐ Small Folding Knife | ☐ Leather Gloves |
| ☐ Lip Balm (with SPF) | ☐ Gaiters | ☐ Watch |
| ☐ Hand Sanitizer | ☐ Rehydration Salts | ☐ Camera |
| ☐ Insect Repellant | ☐ GPS Device | |