

Overnight Bushwalk Pack List



Our goals for overnight walking are to make sure you have a challenging, fun, social and achievable hike, so that you get some great memories and learn more about taking your fitness outdoors! Here is a suggested gear list for the weekend. It's not everything, but it covers the essentials. If you have more space after you pack all this then LEAVE IT. If you don't have enough space then take something out and LEAVE IT... get the picture.

Equipment

- Back pack (medium size 50-65ltr) We can help with adjusting this.
- Hiking Tent (1 or 2 person) Some people share, let us know if you're happy with this for your walk.
- Sleeping bag (Approx 500g loft, \$300-\$500 Sea-to-Summit make good bags)
- Inner sheet (adds some warmth and means you don't have to wash your sleeping bag)
- Sleeping mat (self inflatable, roll mat, diamond cell mat)
- Torch or head torch
- Water bottles or bladder - to carry at least 1.5ltr of water!

Clothes and personal

- Waterproof jacket (if rain is forecast)
- Trail shoes (these are lightweight shoes with good grip. alternatives are runners or walking boots)
- 1 warm jumper/jacket/ puffer jacket for wearing in the evening
- 1 warm set of pants /tracksuit pants etc to wear in the evening
- 1 pair of thermals or warm underclothes for cold evenings
- Beanie and gloves for cold hikes, or sun hat and sunglasses for warm weather
- 1 set of walking clothes incl shorts or lightweight pants, socks, layered upper clothing (merino wool clothing works best at wicking away sweat and not smelling. Polypropylene isn't too bad and then cotton which gets wet easy and dries smelly cotton),

Miscellaneous

- Eating utensils incl knife, fork, spoon, plate/bowl and cup (we have sporks available, and recommend simple melamine plate/bowl/cup)
- Walking poles (optional, and we have pairs available for purchase)
- Camera/phone
- Personal Medication
- Toothbrush / toilet paper

We will arrange all the food and carry the heavy stuff, if you can leave a little space in your rucksack for some of the lighter food that would be great.

If you have any questions please contact us hello@takeshapeadventures.com.au