

A complete pack list for:



A **Take Shape Adventures** supported
OVERNIGHT HIKE



Nothing says adventure like an overnight hike... sleeping under the stars, making new friends, the freedom of carrying everything you need on your back is like nothing else. Though it can be a bit daunting, "What do I need to take?" "What will I need to buy?" "How do I pack everything?" There are so many questions. But don't worry because the advantage of doing an overnight hike with TSA means you're always covered.

USE OUR HELPFUL PACKING LIST AS YOUR COMPLETE GUIDE. EASY!

PACK LIST

This pack list will help you think about what you need and answer many of the questions you have about overnight hiking equipment.

Our goal for an overnight walk is to help you achieve it safely and successfully, because we believe an overnight hike is the best way to go from stressed, overwhelmed and tired to energized, invigorated and inspired. So with the help of our pack list and the support we provide both before and during your journey, you can be assured of having a challenging, fun, social and achievable hike. So inspire others with your achievements and let us create an opportunity for you take your fitness outdoors!



Here is our gear list for the hike. It's not everything, but it covers the essentials. This list is based on one person. We have broken the list down to:

- **Hiking Gear TSA can Provide**
- **Hiking Gear**
- **Clothing and footwear**
- **Essential non essential, if you have space**

We recommend your base weight packed bag should weigh no more than 12KG, which means all your stuff plus water (no food). Remember that our guides will assist by carrying the bulk of the food and all the cooking equipment. though we will request that all participants carry a portion of the food, which will be shared out prior to the walk starting.

If you have more space after you pack all your personal clothing and equipment then leave the rest. Don't fill your rucksack. If you don't have enough space then take something out and LEAVE IT... get the picture?

If you need to borrow our gear please ensure you have contacted us to arrange this, and our guides will bring it to the walk start where we can assist you to pack it. Make sure you have enough space!



Hiking gear TSA can provide.

If you have your own gear then great! It is always preferable if you use and know your own gear. If your gear is old or for car based camping it may not be suitable for an overnight hike, so use the gear list here to compare what you have.

- Rucksack (medium size 40-60L). Make sure its fits you (we can assist in adjusting it). DO NOT bring travels bags or those with wheels! Make sure it has a good hip belt and comfortable shoulder straps.
- Hiking Tent (1 or 2 person). Your tent should ideally weight less than 2.4kg. It's great idea to share a tent as it will share the load! We can assist is pairing you up with a like minded new-best-friend!
- Sleeping mat (self inflatable, roll mat, cell mat) NO YOGA MATS. your mat should be your length, suitable to your body type and allow you to get a good night's rest. No it's not a bed but you should be comfortable. Ideally sub 1kg and small in size. Car based camping mats and old lilos are not suitable.



Hike rucksack

RECOMMENDED

A bag around 50-60L is sufficient for two day hikes and some longer trips. You can borrow our rucksack if you need. If purchasing then think about value for use, make sure it fits and we recommend buying a simple pack rather than a feature laden one.



Tent

RECOMMENDED

We suggest a side opening two person tent. Easy to access and share. Remember value for use so don't pay the earth to sleep on the earth! Sub 2.3kg is ideal. Dome and pegless tents are great for ease of setup. Features are variable however we love tents with a roof storage pocket! No particular brand is recommended.



Sleeping Mat

RECOMMENDED

Full length not 3/4 mat. self inflating (thermarest) or an inflatable (Sea2Summit) is fine. Priced from \$100-\$200 will give you good options. Make sure it's its wide enough so don't easily roll off, and ideally you can lay on your side and your hip bone doesn't touch the ground. Try S2S, Thermarest, Klymit or Exped.



Hiking gear you will need to source or supply.

If you don't have your own gear, then we suggest trying to beg, borrow or steal someone else's for your first trip rather buying new equipment. You might decide you hate hiking so no money wasted, or you might see something you love and think "that's what I need".

Your only 'essential' for your hike that we cannot assist with is a sleeping bag.

- Sleeping bag (we don't loan these)
- Inner sheet (adds some warmth and keeps your sleeping bag clean)
- Torch or head torch
- Water bottles or bladder - to carry at least 2L of water.
- Eating utensils incl knife, fork, spoon, plate/bowl and cup.
- Personal Medication
- Toothbrush / toilet paper
- Clothing (see separate list)



Sleeping bag RECOMMENDED

Compare any bag you have or intend to purchase with a Sea to Summit Trek III. This is good all round well priced bag. Your bag will be your biggest investment! Try it, get in it, roll around, stuff it away, make sure you like it if not love it. You'll be spending a lot of time in it. Spend anywhere from about \$350 upwards.



Sleeping bag liner RECOMMENDED

A silk or thermal liner is a must. They give you added warmth plus protect your bag from from sweat and dirt fro your body when you sleep. They can also increase your bag rating by approximately 1-7 degrees depending on what you buy.



Drink Bladder RECOMMENDED

We recommend a bladder with a screw type opening as the slide ones (pictured here) can be a bit difficult for some people to open/close. A two litre with a bottle will suffice however a 3 litre will provide more water flexibility. Buy any brand/nozzle - they may vary a bit but essentially do the same job.



Essential / non essential

These items can make overnight hiking a little bit more comfortable, but don't just go adding them all in, as they are non essential items! You need to carefully consider the value in their use versus carrying them all day long, we also suggest putting them all together and weighing them before you go putting them in your bag one by one. **THEY ADD UP!!**

- Lightweight hike pillow
- Walking poles (optional)
- Camera/phone
- Waterproof bags (to keep gear dry or carry out wet gear)
- Small microfiber towel
- Blister band aids
- Sunglasses
- Sunscreen (Greater than 30)
- Insect Repellent (containing DEET)
- Lip Balm
- Hand Sanitizer or Wet Wipes
- Battery Pack & Cords



Camp pillow

RECOMMENDED

TSA has small inflatable camp pillows available for purchase. They are a wonderful addition to your sleeping gear and nice and soft, Plus they fit inside the hood of some sleeping bags which means they don't escape from under your head during the night!



Hiking poles.

RECOMMENDED

Yes they may be handy, if you use them - bring them. If you buy some - test them. There are lots of types and lots of brands and they vary considerably in price - they do not vary considerably in weight. Buy something that sits well with you and your price range- they will still work.



Waterproof bags

RECOMMENDED

These are useful if you are walking in wet weather. An alternative is a waterproof rucksack cover which goes over your bag. Another option is to use a bag liner which is like a big plastic bag inside your rucksack with everything in it. Not as colorful though!

Life begins at the end of your comfort zone



Clothing and footwear

You will need at least one set of clothes to walk in, and if wet weather walking, then another dry set to change into at night. You will likely wear the same walking clothes for the entire journey so don't bring two sets of walking clothes expecting to change. The goal here is to have a set of clothes that can be layered with a good jacket. During the day you will be working up a sweat as you hike, but you can get cold at night. Make sure to have tested all of your gear, make sure that gear is appropriate and boots are worn in, but not falling apart.

- Waterproof Jacket (breathable with hood if rain is forecast)
- Insulated Jacket (synthetic or down 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
- Hiking shoes or boots - most times a comfortable pair of runners with good grip will suffice. No smooth soled footwear.



Waterproof

RECOMMENDED

Elastic sleeve
make sure hood fits
make sure it goes over all your layers
Make sure its water proof (not resistant)
Look for Gortex
bright colors look good in photos!



Hiking Tops

RECOMMENDED

Tops that fold small, don't smell and can be worn over and over again. I like quick dry merino sports top, or a hiking shirt. One with a collar means your bag won't rub on your neck and shoulder area and give you extra sun protection.



Boots/walking shoes

RECOMMENDED

Hiking shoes or hiking boots with a solid sole and good grip. There are many to choose from so make they fit and make sure you wear them in. We love the Solomon trail shoe, for lightest and grip. You **MUST** be able to wear them on multiple days so TEST.

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Clothing continued

- 1 set of walking clothes incl shorts or lightweight pants, socks, layered upper clothing. (Merino 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)
- Underwear (enough but not too much)
- 2 pair of socks (one walk one spare)
- Beanie and gloves for cold hikes, or sun hat and sunglasses for warm weather

Optional clothing

- Gloves (warm and waterproof)
- Swim wear, we often find water!
- Camp shoes (thongs, crocs)
- Waterproof Pants (breathable)

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 food that would be great. **This is usually around 2-4kg per person.**



Beanie

RECOMMENDED

We recommend you bring your favourite, one that fits your head and your hair. Not too big or bulky because they are not much good once they get wet. This skull cap type beanies take up very little space and can fit in your pocket when you get hot.



Hat or Cap

RECOMMENDED

A baseball style hat is useful for keeping glare from your face, and stops rain hitting you as well. Our Director, Adrian loves his TSA cap!



Gloves

RECOMMENDED

Gloves can vary from a few dollars to almost \$100! Ideally a good water resistant material without a double layer - the insides often pull out when your hands are wet or clammy. Somewhere mid range should see you right!



Socks

RECOMMENDED

Well, here come unstuck with a recommendation because there is too much choice and too much personal preference. Find socks now! Well before your trip, use them, get happy with them, maybe buy a second pair!

"The Way Get Started Is To Quit Talking And Begin Doing."

- Walt Disney



What not to bring!

Just as important as all the things you do need to take hiking, is a list of things that we recommend you DON'T take. Remember that every single gram of product, clothing or 'stuff' that you pack - YOU. CARRY. EVERY. STEP! All the little things that you add together can add up to serious weight and space. Learn to be happy with less, that's what this experience is about. Here's a list of no-no's...

- Anything you can't afford to lose
- Ipad, Kindle
- Big battery packs
- Jeans, extra boots
- Too many clothes
- Big makeup kits and jewelry
- A normal pillow
- An oversized backpack
- Glass, mirrors, fragile items
- Poorly packed food
- Lots of toiletries

Battery Packs



Using phones for photos, music, some Facebook or navigation, you'll use battery very quick. A phone screen uses over 80% of the battery so be sparing. If you REALLY need to do all that on your phone then bring a small battery pack. They are heavy and once used are useless weight.



Big rucksack or gear strapped on the outside.

A big bag will be filled, we guarantee it. Then you have to carry it all. Likewise, you've got so much stuff that you start hooking things on the outside. No No No. Obtain a bag that suits your size and fit everything inside it. Gear on the outside can be damaged or lost, and makes a really annoying banging noise as you walk!

Makeup & Toiletries



"You look great today" says one dirty, sweaty, happy hiker to the other. Makeup is not need out in the wilderness, not at all. Be comfortable knowing you'll get sweaty and dirty. Plus running mascara is never a good look. Limit toiletries to actual necessities. You don't need two different deoderants.

Ipad / Kindle / Book



What for? Aren't you there to enjoy nature, disconnect from media, reconnect with nature and improve mental wellbeing? Why struggle all day carrying extra weight that will go flat and be useless? What happens when you fall in the river? or rain gets in your bag? Bye bye expensive electronics...

Life begins at the end of your comfort zone

TAKE SHAPE ADVENTURES

NOTE: This list is a guide that covers and recommends the basic gear needed. It is not intended as an exact list for your individual needs and you will need to take into consideration your exact needs.



"You Don't Have To Be Great To Start, But You Have To Start To Be Great." – Zig Ziglar