

OVERNIGHT HIKE PACKLIST



**TAKE SHAPE
ADVENTURES**

**WHAT TO
BRING**

**GEAR AND
CLOTHING**

PRINTABLE LIST

**CONFIDENCE
COURAGE
CONNECTION**



takeshapeadventures.com.au

Take Shape Adventures

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.



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 to take your fitness outdoors!

**YOU CAN PRINT THE
LIST ON THE FINAL PAGE**

OVERNIGHT HIKING

On the final page is a printable list and in this brochure we have discussed some of the hiking gear you will need to come on an overnight hike with TSA.



We recommend your base weight packed bag should weigh no more than 10KG, which means all your stuff (no food or water). Remember that our guides will assist by carrying 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?

We can also assist you to pack your rucksack and ensure you have space inside for when you take your outer layers off.



One of our wonderful clients enjoying a stroll along Sealers Cove beach. Hiking can be a wonderful experience but does require you to carry everything,

WHAT WE 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 it fits you (we can assist in adjusting it). DO NOT bring travel 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 weigh less than 2.4kg. It's a great idea to share a tent as it will share the load! We can assist in pairing you up with a like-minded new-bestfriend!
- 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 pillows are not suitable.



TENT

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

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 wide enough so it doesn'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 PACK

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.

WHAT DO YOU BRING?

This is often the most unknown factor about hiking and it's really the easiest. You wear what you've got. Yep, wear your runners and your socks and tracksuit pants and a t-shirt. If you happen to choose your first walk in winter then you add an old jumper and borrow a jacket. Once you get back you will know so much more. This is because you will learn what equipment suits you, your style of walking, your intentions and your budget through our knowledgeable guides and other clients who have gone through the same process! Our motto: "Gear that is Fit for Purpose"

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.

There are some things you may think "this will make my weekend more comfortable"

You need to carefully consider the value in their use versus carrying them all day long.

So we suggest putting them all together and weighing them before you go putting them in your bag one by one. THEY ADD UP!!

For an overnight hike during most seasons, your base weight (all gear without food or water) should be less than 10kg, and ideally down around 8kg.



CLOTHING & 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 footwear is worn in but not falling apart.

Footwear

Hiking shoes or trail runners with an solid sole and good grip are preferred. There are many to choose from so make they fit and make sure you wear them in. As a starting point, go find the Solomon XPD and use that as a starting point.



Rainjackets

Goretex is the best material for a jacket as it breathes and can be purchased to suit various styles, body shapes and waterproofness. Elastic sleeves are good. Make sure hood fits. Make sure it goes over all your other layers. Make sure its water proof (not resistant)

Look for Gortex, or other similar material such as 3L eVent. Bright colors look good in photos!

Hiking tops

Look for clothes that fold small, can be worn all the time and don't smell. We 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.



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 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 or a big battery pack
- Jeans, extra boots and too many clothes
- Big makeup kits and jewelry
- A normal pillow
- An oversized backpack
- Fragile items
- Extra packed food

When using phones for photos, music, some navigation, you'll use battery very quick. A phone screen uses over 80% of the battery so be sparing when you turn it on, and it's a good idea to go to flight mode to save background data use and conserve power. If you REALLY need to bring a battery pack then make sure it is SMALL and CHARGED as they are heavy and useless once you have used them.

A big rucksack 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

"You look great today" says one dirty, sweaty, happy hiker to the other. Makeup is not needed out in the wilderness. Be comfortable knowing you'll get sweaty and dirty. Limit toiletries to actual necessities.

Extra electronics

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...



Here is your CHECKLIST to print:

- Rucksack (40-60L)
- Hiking tent (1-2 person) Ideally under 2kg
- Sleeping mat
- Sleeping bag
- Inner sheet

Clothing is very dependent on weather. You need to wear a set of clothes to hike and bring a spare top & pants to wear around camp and when it cools down. You then wear the same clothes again the next day.

- Trail shoes (Lightweight shoes with good grip)
 - Shorts/ light pants/leggings
 - 2 Socks, underwear (no underwire bras as they can dig in)
 - A light top, mid long sleeve/thin jumper
 - A waterproof shell/Goretex jacket
 - Warm jumper / jacket / puffer jacket for the evening
 - Warm pants / tracksuit pants etc to wear in the evening
 - Thermals / Beanie / neck warmer / gloves for cold hikes
 - Sun hat / sunglasses for warm weather
 - Camp shoes such as thongs, travel slippers
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- Eating utensils: knife, fork, spoon, plate/bowl and cup
 - Basic toiletries
 - Headlamp or small torch
 - Camera / Phone
 - Toilet paper
 - Personal Medication
 - Water bottles or bladder to carry 2L minimum
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- Lightweight hiking pillow
 - Walking poles
 - Hiking towel
 - Blister band aids
 - Sunglasses
 - Waterproof pants
 - Sunscreen
 - Insect repellent
 - Hand sanitizer
 - Battery Pack (and cords!)
 - Swimwear