

Day Walk Gear List

Here is a list of gear to pack for day walks in NSW when walking with a club. This list will cover most walks, but the leader will provide a special gear list if required.

What to pack

Grade 1-2 walks

- Pack (lightweight, comfortable, small, ~30 L)
- Snacks (e.g. fruit, muesli bar, trail mix)
- Water (0.5 L per hour of walking)
- Waterproof jacket (keep wind & rain off)
- Rubbish bag
- Sunscreen & Insect repellent
- Personal medication
- Medical action plan (e.g. allergies, asthma, angina)
- ID & money (for coffee, transport etc.)

Consider carrying: Trowel, toilet paper

Grade 3 walks

- All gear above
- Lunch (e.g. sandwiches)
- Morning tea (e.g. fruit, cake)
- Afternoon tea (e.g. fruit, biscuits)
- Map of walk (topographic)
- Jumper or thermals (avoid cotton)
- Head torch & fresh batteries (if walk > 6 hours)

Grade 4-6 walks

- All gear above (including torch)
- Space blanket
- Personal first aid kit
- Whistle
- Compass and map case
- Water purification tablets
- Fire lighting kit
- Pocket knife
- Watch
- Repair kit & cloth tape

Cold weather or Alpine areas

- All gear above
- Gloves
- Beanie & neck warmer
- Thermal top & bottoms
- Fleecy jumper
- Heavy duty raincoat (with hood)

What to wear

- Shirt (collar for sun protection)
- Shorts or loose pants
- Comfortable shoes (e.g. running shoes)
- Comfortable socks
- Sunscreen
- Sunhat
- Sunglasses

Tips for hot, cold & wet days

- Several thinner warm tops are better than one thick one, add and remove layers as temperature changes
- On hotter days: loose lightweight clothes, extra water
- On wet days: rain jacket and quick-dry clothes
- Remove and pack warm layers just before the walk starts: walking creates lots of body heat

Bonus bits (optional)

- Small foam mat to sit on
- Spare clothes and snacks for journey home
- Cooking equipment (billy and stove) or thermos
- Walking poles
- Notebook & pencil
- Swimmers & towel
- Camera
- Pack cover
- Gaiters & gloves
- Lip balm
- Binoculars

Group gear

(leader to organise, but please help carry)

Grade 1-2 walks

- Map case, map of walk & area
- Track notes
- Mobile phone
- First aid kit
- Notebook and pencil
- Walk plan, tide info & permits
- Sign in sheet & emergency contacts

Grade 3-6 walks

- All group gear above
- Trowel, toilet paper & alcohol hand wash
- Hand-line / rope
- Emergency shelter (e.g. fly)

If walk has limited phone coverage

- All group gear above
- PLB (satellite based emergency beacon)