

# MULTIDAY HIKING KIT LIST

## Hiking Kit

- RUCKSACK 40-50L
- RUCKSACK RAINCOVER
- RUCKSACK LINER
- DRY BAGS
- WALKING BOOTS
- WATER BOTTLES
- MAPS
- COMPASS
- WATERPROOF MAP CASE
- GUIDE BOOK

## Clothing

- T-SHIRTS X 2
- SHORTS
- TROUSERS
- WATERPROOF TROUSERS
- WATERPROOF JACKET
- LIGHT DOWN JACKET
- FLEECE
- UNDERWEAR X 3
- SOCKS X 3
- SPORTS BRA





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## Accessories

- MICRO TOWEL
- SLIPPERS/SANDALS
- SLEEPING BAG LINER
- SUN HAT
- WOOLY HAT
- GLOVES
- SUN GLASSES
- HEAD TORCH
- SPARE BATTERIES
- FACE MASK
- EAR PLUGS
- HAIR TIES

## Electronics

- BATTERY PACK
- ADAPTER
- PHONE
- CHARGERS
- CAMERA/ GOPRO
- SPARE SD CARD
- GPS OUTDOOR WATCH





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## Toiletries

- SUN CREAM
- TOOTHBRUSH
- TOOTHPASTE
- DEODORANT
- SOAP/ SHOWER GEL
- LIP BALM
- MOISTURISER
- CLOTHES WASH
- TISSUES
- SHAMPOO/  
CONDITIONER

## First Aid Kit

- SURVIVAL BAG
- PAINKILLERS
- BLISTER PLASTERS
- PLASTERS
- BANDAGE
- ANTI-BAC HAND GEL
- INSECT REPELLENT
- BITE CREAM
- ANTIHISTAMINE
- EYE WASH
- SMALL SCISSORS
- ANTIBACTERIAL  
WIPES/ CREAM



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## Miscellaneous

PASSPORT

EUROS

WHISTLE

SNACKS

ALPINE CLUB  
MEMBERSHIP CARD



*Happy  
Adventuring!*