

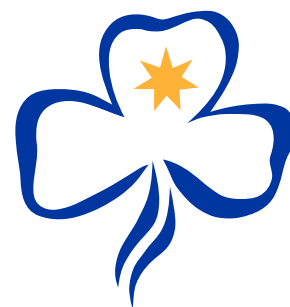
WAY TO GO HIKING

Training

Kit List!

- ☐ **Backpack** – total weight of the pack, with all your equipment, food, and water, is $\frac{1}{4}$ of your body weight. Without water, your pack should weigh no more than $\frac{1}{5}$ of your weight.
 - ☐ **Tent to share** – one person carries the tent and pegs, the other the fly and poles. No bigger than a lightweight three-person tent. This is a lightweight hike, so tents any bigger are too heavy. Youth must share a tent (3 if necessary, due to odd numbers). Adults may bring and sleep in a one-person tent if they prefer. Way to Go hire tents weigh approx 2.3 kg for a 2-person tent (1.2kg each when factoring into pack weight), a one-person tent weighs 1.6kg.
 - ☐ **Sleeping bag, inner sheet, Sleeping mat**, liner (optional)
 - ☐ **Torch or head lamp**
 - ☐ **Cooking utensils** – small gas stove with gas, small billy or pot set, bowl, utensils, mug (all lightweight), Chux/small microfibre teatowel, something small to use as a potholder, washing up detergent, scourer, small square of plastic to prepare food on. Way to Go hire cook sets contain all of these items except personal bowl, mug and utensils
 - ☐ **Matches** – in a waterproof container
 - ☐ **Food** (1kg /day): 1 breakfast, 2 lunch, 1 dinner, and snacks, emergency food (plus Friday night food if coming in Friday evening). Place food in a draw-string bag, and emergency food in a separate bag at the bottom of the pack.
- Suggestions:**
- *Lunches* – sandwiches, cheese and biscuits, tuna pouches, salami, boiled egg for first day, fruit, dried fruit, bars,
 - *Scroggin* – (zip lock bag with dried fruit, seeds, chocolate in a coating if the weather is hot, e.g., smarties, jellies, etc. – one small packet for each day)
 - *Dinner* – a pasta meal, dehydrated meal, or precooked meal frozen and reheated at camp.

- *Dessert* – pot of fruit, custard, puddings, sweet rice
 - *Drinks* – tea, coffee, Milo
 - *Breakfast* – cereal, small milk, small pot or squeeze tube of fruit, bacon and eggs, fried bread.
 - *Emergency food* – eg chocolate bar (not in summer!), a cup of soup, a muesli bar, a dehydrated meal – something to eat if you are out longer than you expect.
- ☐ **Clothing** – Carry one change of undies, socks and shirt (guide camp shirt). The pants/shorts can be worn on both days. Beanie, warm jumper, small towel (microfiber or similar, hand towel size), thermals to sleep in.
- ☐ **Raincoat or strong rain poncho** (not light plastic ones – they tear in the bush)
- ☐ **Hat**
- ☐ **Sunglasses**
- ☐ **Sun cream**
- ☐ **Bug repellent** – no aerosol as it ruins tents and triggers asthma for some!
- ☐ **First aid kit** (small) including emergency blanket, roller bandage and triangular bandage, antiseptic, band aids
- ☐ **Camera/phone in a waterproof case**
- ☐ **Water bottle (s)** – amount depending on whether water is available at the campsite/along the way. May need 3–4 litres in summer if none is available along the way
- ☐ **Toiletries (lightweight)** – small toothbrush, small amount of toothpaste, comb, small amount of moisturiser or lip balm, roll-on deodorant (optional), sanitary items, nappy or doggie poo bags for used sanitary items, plus a recycled snap lock bag to put the individual bags into.
- ☐ **Toilet kit** – Small light trowel or scoop, and a small zip-lock bag with some toilet paper rolled up in it. Hand sanitiser.
- ☐ **Small groundsheet or lightweight stool**
- ☐ **Garbage bag** – a recycled zip-lock bag that some dry goods come in is perfect.



GIRL GUIDES
AUSTRALIA
NSW ACT NT