



# Multi-day Hiking Checklist

This is a checklist of what to pack for a multi-day hike. It can be scaled for 2- to 10-day hikes. The items in **Green** are optional/nice-to-have's and the items in **Blue** can be shared in a group of 2 or 3.

## Clothing

- |                                                                               |                                                                                    |
|-------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <input type="checkbox"/> Boots/walking shoes & extra laces                    | <input type="checkbox"/> 1 Pair of shorts                                          |
| <input type="checkbox"/> 2 Pairs of thick outer socks (or more if you prefer) | <input type="checkbox"/> Thick fleece                                              |
| <input type="checkbox"/> 2 Pairs of thin liner socks (or more if you prefer)  | <input type="checkbox"/> Rain jacket & waterproof pants                            |
| <input type="checkbox"/> 2-3 Pairs of underwear (or more if you prefer)       | <input type="checkbox"/> Beanie, gloves and thermals (top and bottom)              |
| <input type="checkbox"/> 2 Pairs of quick drying t-shirts                     | <input type="checkbox"/> Hat (peak cap or lightweight full brim hat)               |
| <input type="checkbox"/> 1 Long sleeve t-shirt/thin fleece                    | <input type="checkbox"/> Swimming Costume                                          |
| <input type="checkbox"/> 1 Pair of quick drying trousers                      | <input type="checkbox"/> Tracksuit pants, t-shirt and flipflops to wear at the hut |

## Sleeping/Shelter Gear

- |                                                  |                                                                                                |
|--------------------------------------------------|------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Sleeping bag            | <input type="checkbox"/> Tent, pegs & groundsheet (if there are no huts)                       |
| <input type="checkbox"/> Mattress (if necessary) | <input type="checkbox"/> Inflatable pillow (or just stuff your excess clothing into a t-shirt) |

## Cooking

- |                                                                          |                                                       |
|--------------------------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Gas stove, gas canister & cooking pot           | <input type="checkbox"/> Plastic plate, mug & cutlery |
| <input type="checkbox"/> 2 x Lighters in separate, water-tight locations | <input type="checkbox"/> Dishcloth                    |

## Toiletries

- |                                                                                                  |                                                                                  |
|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| <input type="checkbox"/> Toothbrush & toothpaste                                                 | <input type="checkbox"/> Biodegradable body/facewash & other personal toiletries |
| <input type="checkbox"/> Toilet paper & lightweight trowel kept in a water-tight zip-lock packet | <input type="checkbox"/> Quick drying towel (or Kikoi)                           |
| <input type="checkbox"/> Facecloth                                                               |                                                                                  |

## Other

- |                                                                 |                                                                                                 |
|-----------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Backpack                               | <input type="checkbox"/> Plastic packets for trash                                              |
| <input type="checkbox"/> Backpack rain cover                    | <input type="checkbox"/> Lots of Zip-Lock packets (to keep electronics dry and many other uses) |
| <input type="checkbox"/> Pocket knife                           | <input type="checkbox"/> Biodegradable laundry detergent, dish soap & washing sponge/scourer    |
| <input type="checkbox"/> Dry-bags for sleeping bag and clothes  | <input type="checkbox"/> Camera & spare batteries                                               |
| <input type="checkbox"/> R100 in a zip-lock packet              | <input type="checkbox"/> Lightweight clothesline & washing pegs                                 |
| <input type="checkbox"/> Sunscreen, lip balm & insect repellent | <input type="checkbox"/> Trekking poles (walking sticks)                                        |
| <input type="checkbox"/> Headlamp & spare batteries             | <input type="checkbox"/> Sunglasses & hard case                                                 |
| <input type="checkbox"/> 2 x 1-litre water bottles              |                                                                                                 |

## Emergency/First Aid

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|------------------------------------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Painkillers/anti-inflammatories (paracetamol & ibuprofen) | <input type="checkbox"/> Strepsils               |
| <input type="checkbox"/> Plasters, strapping tape and gauze                        | <input type="checkbox"/> Waterless hand soap     |
| <input type="checkbox"/> Antiseptic cream                                          | <input type="checkbox"/> Rehydrate               |
| <input type="checkbox"/> Antihistamine (Non-drowsy)                                | <input type="checkbox"/> Rennie Antacid          |
| <input type="checkbox"/> Anti-chafe cream (use daily to prevent hip-chafe)         | <input type="checkbox"/> Zam-Buk                 |
| <input type="checkbox"/> Burn Shield                                               | <input type="checkbox"/> Duct tape               |
|                                                                                    | <input type="checkbox"/> Emergency/space blanket |

## Food (Ideas/Suggestions)

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### Breakfast:

- Future Life or Oats-O-Easy (ration per day)
- Rusks

### Lunch:

- Seed-loaf rolls or crackers (ration per day)
- Cheese spread triangles (ration per day)
- John West tuna sachets

### Dinner:

- Penne pasta or 2-Minute Noodles
- John West tuna sachets
- Smash
- Couscous (with dried veg)

### Snacks:

- Energy/breakfast bar (2 per day)
- Droëwors (ration per day)
- Chips (small packets – 1-2 per day)
- Mini-Snickers and Jelly Babies
- Peanuts & Raisins

### General:

- Sugar and salt
- Instant coffee or tea & powder milk
- Game

## Additional Items/Notes

Thin liner socks help to reduce the chance of blisters.

Leave a clean set of clothes in the car for the ride back.

The food items listed are merely a guideline for lightweight non-perishables. Chop and change to taste.

If you have space (and weight) to spare, a fresh apple every day is a treat.

Guide for backpack weight: 20% of bodyweight for adults (15% for children), depending on fitness and experience

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*Happy hiking!*