



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 | |
| <input type="checkbox"/> Map & compass (GPS) | |

Emergency/First Aid

- | | |
|--|--|
| <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)

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

Happy hiking!