

Overnight Hiking Check List

	ITEM		RECOMMENDATION
ESSENTIALS	Compass	<input type="checkbox"/>	
	Day Walks Guide	<input type="checkbox"/>	
	Drink Bottle	<input type="checkbox"/>	
	Emergency Blanket	<input type="checkbox"/>	
	Extra Food & Water	<input type="checkbox"/>	
	First Aid Kit	<input type="checkbox"/>	
	GPS	<input type="checkbox"/>	
	Guide Book	<input type="checkbox"/>	
	Head Lantern with Extra batteries	<input type="checkbox"/>	
	Hydration Pack	<input type="checkbox"/>	
	Map	<input type="checkbox"/>	
	Map Case	<input type="checkbox"/>	
	Permit	<input type="checkbox"/>	If required
	Rucksack	<input type="checkbox"/>	
	Rucksack Cover	<input type="checkbox"/>	
Whistle	<input type="checkbox"/>		
CAMPING GEAR	Bushwalking Stove	<input type="checkbox"/>	
	Camp Chair	<input type="checkbox"/>	
	Collapsible Water Container	<input type="checkbox"/>	
	Compression Sac	<input type="checkbox"/>	
	Cooking Utensils	<input type="checkbox"/>	
	Cutlery Set	<input type="checkbox"/>	
	Freeze Dried Food	<input type="checkbox"/>	
	Fuel Bottle	<input type="checkbox"/>	
	Hiking Tent	<input type="checkbox"/>	
	Lightweight Sleeping Bag	<input type="checkbox"/>	
	Plastic Garbage Bags	<input type="checkbox"/>	
	Plate / Mug / Bowl	<input type="checkbox"/>	
	Pot Scourer	<input type="checkbox"/>	
	Pot Set	<input type="checkbox"/>	
	Repair / Spare Part Kit	<input type="checkbox"/>	
	Water Filtration/ Purification System	<input type="checkbox"/>	
Zip Lock Bags	<input type="checkbox"/>		
CLOTHING /FOOTWEAR	Extra Clothing	<input type="checkbox"/>	
	Gloves	<input type="checkbox"/>	
	Hiking Socks	<input type="checkbox"/>	
	Quick Dry Clothing	<input type="checkbox"/>	
	Sunglasses	<input type="checkbox"/>	
	Supportive Cushioned Footwear	<input type="checkbox"/>	
	Thermal/Wool Hat	<input type="checkbox"/>	
	Thermals	<input type="checkbox"/>	
	Wet Weather Gear	<input type="checkbox"/>	
Wide Brimmed Hat	<input type="checkbox"/>		
Wool/Polartec Top	<input type="checkbox"/>		

Overnight Hiking Check List

	ITEM		RECOMMENDATION
PERSONAL ITEMS	Binoculars	<input type="checkbox"/>	
	Biodegradable Soap	<input type="checkbox"/>	
	Brush/Comb	<input type="checkbox"/>	
	Camera	<input type="checkbox"/>	
	Insect Repellent	<input type="checkbox"/>	
	Lightweight Towel	<input type="checkbox"/>	
	Lip Balm	<input type="checkbox"/>	
	Mobile Phone	<input type="checkbox"/>	
	Pedometer	<input type="checkbox"/>	
	Pocket Knife / Multi Tool	<input type="checkbox"/>	
	Sunscreen	<input type="checkbox"/>	
	Toilet Paper	<input type="checkbox"/>	
	Toothpaste/ Brush	<input type="checkbox"/>	
	Walking Pole	<input type="checkbox"/>	
	Watch	<input type="checkbox"/>	
Water Proof Matches	<input type="checkbox"/>		
OTHER ITEMS		<input type="checkbox"/>	
		<input type="checkbox"/>	
		<input type="checkbox"/>	
		<input type="checkbox"/>	
		<input type="checkbox"/>	
		<input type="checkbox"/>	
		<input type="checkbox"/>	
		<input type="checkbox"/>	