

Standard Personal Packing List for an Overnight Hike

An overnight hike involves self-sufficient camping, and usually occurs over one or more nights in different locations, with accommodation in small, 2-person tents. Cooking is done on portable stoves and dining is done on the nearest rock or log!

Usually, the troop will provide tents, groundsheets, and cooking equipment. This list applies to what you would normally bring from home (unless instructed otherwise).

You should be able to carry all of your gear in just your rucksack (on your back) and perhaps a medium bum-bag.

Sleeping:

- Light-weight tent
- Light-weight groundsheet
- Mattress (self-inflating)
- Sleeping Bag
- Inner Sheet
- Small pillow case (not the pillow)

Eating:

- Portable stove
- Fuel for stove
- Dilly Bag
- Plate
- Bowl
- Knife
- Fork
- Spoon
- Teaspoon
- Mug
- Tea Towel
- Spare water
- Food
- Scroggin
- Water bottle with pop-lid

Other:

- Pocket torch + batteries
- Plastic Bags x2 (for dirty clothes, etc)
- Rag (for general cleaning)
- Detergent
- Sponge
- Clothes line & pegs
- Personal 1st Aid Kit
- Medications
- Sunscreen
- Sunglasses
- Toilet paper and plastic trowel
- Notebook & pencil
- Map(s) & Compass
- Lightweight binoculars (optional)

Clothing:

- Windcheater
- Shorts (for hiking)
- Jeans (for evenings)
- Belt
- Sun hat (for day)
- Beanie (for night)
- Rain jacket
- Rain pants
- Spare underwear
- Spare handkerchiefs
- Spare socks
- Spare shirt

Personal:

- Soap
- Shampoo (if more than 2 nights)
- Deodorant
- Foot powder
- Toothbrush / Paste
- Brush & Comb
- Face washer
- Insect Repellent
- Small towel