

Shipwreck Hiking & Canoe Trails

'Hiking' Trail Checklist



HIKING GEAR CHECKLIST

Clothing	Carrying	Utensils	Toiletries	Medicinal (guideline)
<input type="checkbox"/> Boots <input type="checkbox"/> Crocs & <input type="checkbox"/> Flip-flops <input type="checkbox"/> Underpants <input type="checkbox"/> Short pants <input type="checkbox"/> Tracksuit <input type="checkbox"/> T-shirt <input type="checkbox"/> Windbreaker <input type="checkbox"/> Costume <input type="checkbox"/> Hat <input type="checkbox"/> Light weight rain suit	<input type="checkbox"/> Backpack <input type="checkbox"/> Water bottle <input type="checkbox"/> Daypack <input type="checkbox"/> Plastic bags- waterproof <input type="checkbox"/> Torch <input type="checkbox"/> Candle <input type="checkbox"/> Sunglasses <input type="checkbox"/> Binoculars <input type="checkbox"/> Camera <input type="checkbox"/> Spare batteries	<input type="checkbox"/> Fork <input type="checkbox"/> Knife <input type="checkbox"/> Spoon <input type="checkbox"/> Matches/lighter <input type="checkbox"/> Tin opener <input type="checkbox"/> Plate <input type="checkbox"/> Mug	<input type="checkbox"/> Towel <input type="checkbox"/> Shower gel <input type="checkbox"/> Face cloth <input type="checkbox"/> Tooth brush <input type="checkbox"/> Tooth paste <input type="checkbox"/> Toilet paper <input type="checkbox"/> SunBlock <input type="checkbox"/> Other toiletries <hr/> <p style="text-align: center;">Sleeping</p> <hr/> <input type="checkbox"/> Sleeping bag <input type="checkbox"/> Pillow	<input type="checkbox"/> Plasters <input type="checkbox"/> Eye drops <input type="checkbox"/> Headache tablets <input type="checkbox"/> Antiseptic (Savlon) <input type="checkbox"/> Anti-inflammatory <input type="checkbox"/> Deep Heat <input type="checkbox"/> Lip-ice <input type="checkbox"/> Crepe bandage <input type="checkbox"/> Immodium <input type="checkbox"/> Space blanket <input type="checkbox"/> Salt pills <input type="checkbox"/> Personal medication <input type="checkbox"/> Muscle relaxant <input type="checkbox"/> Insect repellent <input type="checkbox"/> TICK repellent

MENU PLANNER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

Details of next of kin, in case of emergency. Medical Aid Information. Your medical history in case of emergency

It is recommended to carry no more than 1/3rd of your body weight.

Crocs/Flip-flops for beach hiking – boots for riverine/farmland hiking.

Boots should be one size larger than your normal size, as feet will swell while hiking.

Use this form as a guide when packing or design your own.

Lay your kit on a bed before you pack, and then check it with list.

The above indicates a comprehensive list of equipment, etc.

Leave your footprints and retain your memories. Tell your friends about the trail.