

Personal Gear					
Item	Have	Packed	Item	Have	Packed
Boots	<input type="checkbox"/>	<input type="checkbox"/>	Water purification method (if not boiling)	<input type="checkbox"/>	<input type="checkbox"/>
Socks	<input type="checkbox"/>	<input type="checkbox"/>	Toiletries (including toilet paper)	<input type="checkbox"/>	<input type="checkbox"/>
Shorts	<input type="checkbox"/>	<input type="checkbox"/>	Sleeping mat (if camping)	<input type="checkbox"/>	<input type="checkbox"/>
Quick-dry t-shirt	<input type="checkbox"/>	<input type="checkbox"/>	Sleeping bag	<input type="checkbox"/>	<input type="checkbox"/>
Thermal top	<input type="checkbox"/>	<input type="checkbox"/>	Knife / Fork / Spoon	<input type="checkbox"/>	<input type="checkbox"/>
Thermal bottoms	<input type="checkbox"/>	<input type="checkbox"/>	Plate / Bowl	<input type="checkbox"/>	<input type="checkbox"/>
Jumper / Fleece	<input type="checkbox"/>	<input type="checkbox"/>	Sunscreen (SPF 50+)	<input type="checkbox"/>	<input type="checkbox"/>
Raincoat	<input type="checkbox"/>	<input type="checkbox"/>	Insect repellent	<input type="checkbox"/>	<input type="checkbox"/>
Full change of clothes for night	<input type="checkbox"/>	<input type="checkbox"/>	Emergency Food	<input type="checkbox"/>	<input type="checkbox"/>
Sufficient spares of the above for the trip	<input type="checkbox"/>	<input type="checkbox"/>	Matches / lighter	<input type="checkbox"/>	<input type="checkbox"/>
Hat / Beanie	<input type="checkbox"/>	<input type="checkbox"/>	Towel	<input type="checkbox"/>	<input type="checkbox"/>
Spare shoes	<input type="checkbox"/>	<input type="checkbox"/>	Anything you need for journey's goal	<input type="checkbox"/>	<input type="checkbox"/>
Pack (50-75L)	<input type="checkbox"/>	<input type="checkbox"/>	<b>Other gear</b> <b>(may be shared between the group)</b>		
Daypack (exploration)	<input type="checkbox"/>	<input type="checkbox"/>	Activities for night e.g. pack of cards	<input type="checkbox"/>	<input type="checkbox"/>
Pack liner	<input type="checkbox"/>	<input type="checkbox"/>	Stove & Gas	<input type="checkbox"/>	<input type="checkbox"/>
Whistle	<input type="checkbox"/>	<input type="checkbox"/>	Pots / Billies	<input type="checkbox"/>	<input type="checkbox"/>
First aid kit	<input type="checkbox"/>	<input type="checkbox"/>	Cooking utensils	<input type="checkbox"/>	<input type="checkbox"/>
Survival kit	<input type="checkbox"/>	<input type="checkbox"/>	Food	<input type="checkbox"/>	<input type="checkbox"/>
Map & Compass	<input type="checkbox"/>	<input type="checkbox"/>	Dishwashing gear	<input type="checkbox"/>	<input type="checkbox"/>
Watch	<input type="checkbox"/>	<input type="checkbox"/>	Emergency Shelter (if not carrying tents)	<input type="checkbox"/>	<input type="checkbox"/>
Torch & spare batteries	<input type="checkbox"/>	<input type="checkbox"/>	Tent	<input type="checkbox"/>	<input type="checkbox"/>
Water (and bottle) 2L minimum	<input type="checkbox"/>	<input type="checkbox"/>	Communication equipment (radio, PLB)	<input type="checkbox"/>	<input type="checkbox"/>

\*This gear list is a starting point ONLY, you need to alter it according to your journey and group