



Gill's Day Hiking Checklist

The following gear checklist is a list of what I currently carry on day hikes ranging from an hour or two up to a full day. My equipment choices are guided by the following criteria:

- Lightweight and compact gear where possible
- Comfort as well as style
- Understanding my needs and preferences.

Each day hike is unique so I 'swap out' certain pieces of equipment depending on the expected conditions. Use this list as a guide to build your kit for day hiking but make sure that you choose what works for you. The article detailing the reasons for my choices can be found <https://australianhiker.com.au/gear/gills-day-hiking-checklist-2020/>

Pack System		Miscellaneous Equipment	
<input type="checkbox"/>	Osprey Sirrus 24 Women's Day Pack x 1	<input type="checkbox"/>	Mako Shadow Sunglasses x 1 pair
<input type="checkbox"/>	Sea to Summit 13L Dry Bag x 1	<input type="checkbox"/>	Black Diamond Ultra Mountain FL Trekking Poles 130 cm x 1 pair
<input type="checkbox"/>		<input type="checkbox"/>	SOOLALA Glasses x 1 pair
Hydration System		<input type="checkbox"/>	iPhone 8 x 1
<input type="checkbox"/>	Osprey Hydraulics 3L Bladder x 1	<input type="checkbox"/>	Foldback Clip (19mm) x 1
<input type="checkbox"/>	Katadyn BeFree Filter x 1	<input type="checkbox"/>	
<input type="checkbox"/>		Toiletries	
Camp Kitchen		<input type="checkbox"/>	GSI Cathole Trowel x 1
<input type="checkbox"/>	Sea to Summit Alpha Light Spoon x 1	<input type="checkbox"/>	Toilet paper
<input type="checkbox"/>	Sea to Summit X-Mug x 1	<input type="checkbox"/>	Hand sanitiser 60ml x 1
<input type="checkbox"/>		<input type="checkbox"/>	Lip Balm x 1 plus face moisturiser
Footwear		<input type="checkbox"/>	Tissues Travel Pack x 1
<input type="checkbox"/>	Altra Lone Peak 4.0 RSM Low Women's Shoe x 1 pair	<input type="checkbox"/>	
<input type="checkbox"/>	Injinji Trail 2.0 Women's Mid Mini Crew Toesocks x 1 pair	First Aid	
<input type="checkbox"/>	Dirty Girl Gaiters x 1 pair	<input type="checkbox"/>	Tweezers x 1
Layering System		<input type="checkbox"/>	Splinter pick x 1
<input type="checkbox"/>	Icebreaker Sprite Racerback Bra and Hot Pants x 2 pairs	<input type="checkbox"/>	Crepe Bandage x 1
<input type="checkbox"/>	Marmot Lobo Women's Convertible Pants x 1 pair	<input type="checkbox"/>	Compression Bandage x 1
<input type="checkbox"/>	Wilderness Wear COOL MERINO Tencel Tee x 1	<input type="checkbox"/>	Safety Pins x 5
<input type="checkbox"/>	The North Face Thermoball Women's Full Zip Jacket x 1	<input type="checkbox"/>	'Go' – Laxatives x 6
<input type="checkbox"/>	Marmot PreCip Jacket x 1	<input type="checkbox"/>	'Stop' x 6
<input type="checkbox"/>	Wilderness Wear Neck Gaiter x 1	<input type="checkbox"/>	Band-Aids – assorted x 15
<input type="checkbox"/>	Outdoor Research Radar Sunrunner Cap x 1	<input type="checkbox"/>	Exped Zip Pack Small x 1
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		Swap Outs	
Safety		<input type="checkbox"/>	Sea to Summit Head Net x 1
<input type="checkbox"/>	Suunto A-30 Compass x 1	<input type="checkbox"/>	Sea to Summit Gaiters x 1
<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear COOL MERINO Tencel Singlet x 1
<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear PolyPro+190 Long Sleeve Crew x 1
<input type="checkbox"/>		<input type="checkbox"/>	Thinsulate Gloves x 1 pair
<input type="checkbox"/>		<input type="checkbox"/>	Rainbird Waterproof Pants x 1
<input type="checkbox"/>		<input type="checkbox"/>	Buff Original x 1
<input type="checkbox"/>		<input type="checkbox"/>	Garmin InReach Explorer+ x 1
<input type="checkbox"/>		<input type="checkbox"/>	