



Tim's Multi Day Gear Checklist 2023

The following gear checklist is a list of what I currently carry on solo, multi-day hiking trips ranging from two or more nights up to and including multi-week hiking adventures. My equipment is chosen mainly on the following criteria:

- Choosing the lightest most compact gear where possible (but not always).
- Choosing equipment that is comfortable.
- Choosing equipment that meets my needs.
- Choosing gear that is readily available and where possible, supporting Australian manufacturers and retailers.

Each trip is unique so I will 'swap out' certain pieces of equipment depending on the expected conditions. Use this list as a guide to build your own multi-day kit but make sure that what you choose suits you. (Version 2 November 2023).

| Pack System | | Layering system | | First Aid | |
|--------------------------|---|--------------------------|--|--------------------------|---|
| <input type="checkbox"/> | Osprey Exos Pro 55 Litre Pack X 1 | <input type="checkbox"/> | Wilderness Wear Men's merino Fusion 190 Long Sleeved Top Tee X 1 | <input type="checkbox"/> | Sea to Summit First Aid Dry Sack 3 Litre X 1 |
| <input type="checkbox"/> | Macpac 70L Ultralight Pack Liner X 1 | <input type="checkbox"/> | Wilderness Wear Men's Cumulo Merino 150 long sleeve top X 1 | <input type="checkbox"/> | Splinter Pick X 1 |
| <input type="checkbox"/> | Sea to Summit Ultra-Sil Pack Cover medium 50-70 Litre X 1 | <input type="checkbox"/> | Sea to Summit 13L Dry Bag X 1 (pillow) | <input type="checkbox"/> | Tweezers X 1 |
| <input type="checkbox"/> | Sea to Summit 13L Dry Bag X 1 | <input type="checkbox"/> | Exofficio Give-N-Go 3" Boxer Briefs X 2 | <input type="checkbox"/> | Compression Bandage X 2 |
| <input type="checkbox"/> | | <input type="checkbox"/> | Arcade Belt X 1 | <input type="checkbox"/> | Triangular Bandage X 1 |
| | Shelter System | <input type="checkbox"/> | Wilderness Wear Light Merino 170 Leggings X 1 | <input type="checkbox"/> | Crepe Bandage X 1 |
| <input type="checkbox"/> | Nemo Hornet 2 Person Tent X 1 | <input type="checkbox"/> | North Face Men's ThermoBall Hoodie X 1 | <input type="checkbox"/> | Assorted Band-Aids x 15 |
| <input type="checkbox"/> | MSR Groundhog Tent Pegs X 6 | <input type="checkbox"/> | Marmot Men's PreCip Nano Jacket X 1 | <input type="checkbox"/> | Safety Pins X 5 |
| | | <input type="checkbox"/> | Marmot Men's PreCip Eco Rain Pants X 1 | <input type="checkbox"/> | Nail Scissors X 1 |
| | | <input type="checkbox"/> | Buff Original X 1 | <input type="checkbox"/> | Nurofen X 12 |
| | Hydration System | <input type="checkbox"/> | Sunday Afternoons Sun Guide Cap X 1 | <input type="checkbox"/> | 'Go' - Laxatives X 4 |
| <input type="checkbox"/> | Osprey 3.0 L LT Hydraulics Bladder X 1 | <input type="checkbox"/> | Macpac Merino Glove Liners X 1 | <input type="checkbox"/> | 'Stop' - Imodium X 4 |
| <input type="checkbox"/> | Katadyn Be Free 600ml filter Bottle X 1 | <input type="checkbox"/> | Men's UA Sportstyle Graphic Shorts X 1 | <input type="checkbox"/> | Band-Aids - Misc. X 15 |
| <input type="checkbox"/> | Platypus Collapsible Water Bottle 2l X 1 | <input type="checkbox"/> | Foldback Clip 19mm X 1 | <input type="checkbox"/> | Fixomull 50mm X 1 roll |
| | Sleep System | <input type="checkbox"/> | | <input type="checkbox"/> | 38mm Sports tape X 1 roll |
| <input type="checkbox"/> | Sea to Summit Spark II Sleeping Bag X 1 | | Footwear | <input type="checkbox"/> | 25mm Sports tape X 1 roll |
| <input type="checkbox"/> | Sea to Summit Silk Liner X 1 | <input type="checkbox"/> | Altra Olympus 5 Trail Runners X 1 | <input type="checkbox"/> | |
| <input type="checkbox"/> | Thermarest NeoAir Xtherm Sleeping Mat X1 | <input type="checkbox"/> | Smartwool Run Targeted Cushion Sock- mid crew X 2 pairs | <input type="checkbox"/> | |
| <input type="checkbox"/> | | <input type="checkbox"/> | Altra Trail Gaiters X 1 pair | | |
| | Camp Kitchen | | | | Swap Outs |
| <input type="checkbox"/> | Jetboil Zip Stove X 1 | | | <input type="checkbox"/> | Osprey Talon 36 Litre Pack X 1 |
| <input type="checkbox"/> | Jetboil 100g Gas Canister X1 / Week | | Misc. Equipment | <input type="checkbox"/> | MSR Blizzard Sand Stake Tent Pegs X 6 |
| <input type="checkbox"/> | Light My fire Scout X 1 | <input type="checkbox"/> | Leki Cross Trail FX Superlite Poles 110-130cm X 1 pair | <input type="checkbox"/> | Buff Merino Wool X 1 |
| <input type="checkbox"/> | GSI Essential Long Handled Spoon X 1 | <input type="checkbox"/> | Liive The Edge Sunglasses X 1 | <input type="checkbox"/> | Sea to Summit Head Net X 1 |
| <input type="checkbox"/> | Sea to Summit Cool Grip X-Mug X 1 | <input type="checkbox"/> | Black Diamond Revolt Headlamp X 1 | <input type="checkbox"/> | Lip Balm X 1 |
| <input type="checkbox"/> | Deejo Tattoo Naked Topography Knife X1 | | Charging Cables X 3 | | Outdoor Research Active Ice Spectrum Sun Gloves X 1 |
| <input type="checkbox"/> | 500g Peanut Butter Jar (empty) X 1 | <input type="checkbox"/> | SOOLALA Lightweight Compact Reading Glasses X 1 pair | <input type="checkbox"/> | Sea to Summit Quagmire Gaiters x 1 |
| <input type="checkbox"/> | Osprey Ultralight Dry sack X 1 | <input type="checkbox"/> | Cygnett Power plus 32W Wall Charger X 1 | <input type="checkbox"/> | Sunday Afternoons Ultra Adventure Hat X1 |
| | Toiletries | <input type="checkbox"/> | Cygnett ChargeUp Boost 2nd Generation 10,000 mAh Power Bank X 1 | <input type="checkbox"/> | Osprey Ultralight Stuff Pack X 1 |
| <input type="checkbox"/> | Toothbrush X 1 | <input type="checkbox"/> | Scrubba Weightless Wallet X 1 | <input type="checkbox"/> | MSR Freelite 2 Person Tent x1 |
| <input type="checkbox"/> | Lush Toothy Tabs X 2 per day | <input type="checkbox"/> | Sea to Summit Lightweight Dry Bag 1.5litres X 2 | <input type="checkbox"/> | Sea to Summit ThermoLite Reactor Extreme x1 |
| <input type="checkbox"/> | Dental Floss X 25 metres | <input type="checkbox"/> | Sony ZV1 Compact Camera X 1 | <input type="checkbox"/> | Cygnett 27000 Powerbank X 1 |
| <input type="checkbox"/> | GSI Cathole Trowel X 1 | <input type="checkbox"/> | SanDisk Extreme Pro Memory Cards X 1/week | <input type="checkbox"/> | Sea to Summit Escapist Tarp X 1 |
| <input type="checkbox"/> | Toilet Paper X 10 sheets per day | <input type="checkbox"/> | iPhone 12 Mini X 1 | <input type="checkbox"/> | Sea to Summit Aeros Pillow Down Deluxe X 1 |
| <input type="checkbox"/> | Hand Sanitiser X 50 ml | <input type="checkbox"/> | Battery Case for iPhone X 1 | <input type="checkbox"/> | Sea to Summit Quagmire Gaiters x 1 |
| <input type="checkbox"/> | Sea to Summit Airlite Towel Medium X 1 | | Safety/Navigation | <input type="checkbox"/> | |
| <input type="checkbox"/> | Nail Clippers X 1 | <input type="checkbox"/> | Suunto A-30 Compass X 1 | <input type="checkbox"/> | |
| <input type="checkbox"/> | Washing Kit Chux X 1 | <input type="checkbox"/> | Garmin GPSMAP 66i Handheld Hiking GPS & Satellite Communicator X 1 | <input type="checkbox"/> | |
| <input type="checkbox"/> | Washing Kit Teatree Oil X 15ml | | | | |