



Tim's Day Hiking Gear Checklist

The following checklist is what I currently carry on a day hike. 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 equipment that is readily available and where possible, allows me to support Australian manufacturers and retailers

Each trip is unique, so I will 'swap out' pieces depending on the expected conditions. Use this list as a guide to build your own day hiking kit but make sure that what you choose suits you. (V1 - November 2023)

The Essentials		As the conditions dictate (Swap Outs)	
<input type="checkbox"/>	Osprey Talon Pro 20 litre pack X 1	<input type="checkbox"/>	Osprey Talon 33 litre Pack X 1
<input type="checkbox"/>	Osprey Hydraulics 2.5 Litre Bladder X 1	<input type="checkbox"/>	Garmin GPSMAP 66i Handheld Hiking GPS & Satellite Communicator X 1 (PLB)
<input type="checkbox"/>	Altra Olympus 5 X 1	<input type="checkbox"/>	Buff Merino Wool Buff X 1
<input type="checkbox"/>	Smartwool Run Targeted Cushion Mid Crew Men's Socks X 1 pair	<input type="checkbox"/>	Sea to Summit Insect Head Net X 1
<input type="checkbox"/>	Khul Radikl Men's Pants X 1	<input type="checkbox"/>	Lip Balm X 1
<input type="checkbox"/>	Wilderness Wear Cumulo Merino Long Sleeve Tee Top X 1	<input type="checkbox"/>	Sea to Summit Quagmire Gaiters X 1
<input type="checkbox"/>	Buff Original X 1	<input type="checkbox"/>	Altra Trail Gaiters X 1
<input type="checkbox"/>	Sunday Afternoons Sun Guide Cap X 1	<input type="checkbox"/>	Sunday Afternoons Ultra Adventure Hat X 1
<input type="checkbox"/>	Foldback Clip 19mm X 1	<input type="checkbox"/>	Eddy+ Water Bottle X 1
<input type="checkbox"/>	Suunto A-30 Compass X 1	<input type="checkbox"/>	GSI Essential Long Handled Spoon X 1
<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear MerinoFusion Long Sleeve Zip Neck Top X 1
	Misc. Equipment	<input type="checkbox"/>	North Face Men's ThermoBall Hoodie X 1
<input type="checkbox"/>	Liive The Edge Sunglasses X 1	<input type="checkbox"/>	Marmot PreCip Nano Jacket X 1
<input type="checkbox"/>	Leki Cross Trail FX Superlite Poles 110-130cm X 1 pair	<input type="checkbox"/>	Marmot PreCip Rain Pants X 1
<input type="checkbox"/>	Deejo Tattoo Naked Topography Knife X 1	<input type="checkbox"/>	Sea to Summit UltraSil Pack Cover Medium 30-50litre X 1
<input type="checkbox"/>	Reavee Lightweight Compact Reading Glasses X 1	<input type="checkbox"/>	Macpac Merino Glove Liners X 1
<input type="checkbox"/>	iPhone 12 Mini Mobile Phone X 1	<input type="checkbox"/>	Outdoor Research Fingerless Lycra gloves X 1
<input type="checkbox"/>	iPhone 12 Mini Battery Case X 1	<input type="checkbox"/>	Sony ZV1 Compact Camera X 1
<input type="checkbox"/>		<input type="checkbox"/>	SanDisk Extreme Pro Memory Cards X 1
	First Aid and Toiletries	<input type="checkbox"/>	
<input type="checkbox"/>	Small Packing Cell X 1	<input type="checkbox"/>	
<input type="checkbox"/>	Hand Sanitiser X 50 ml	<input type="checkbox"/>	
<input type="checkbox"/>	GSI Cathole Trowel X 1	<input type="checkbox"/>	
<input type="checkbox"/>	Toilet Paper X 10 sheets per day	<input type="checkbox"/>	
<input type="checkbox"/>	Splinter Pick X 1	<input type="checkbox"/>	
<input type="checkbox"/>	Tweezers X 1	<input type="checkbox"/>	
<input type="checkbox"/>	Compression Bandage X 2	<input type="checkbox"/>	
<input type="checkbox"/>	Triangular Bandage X 1	<input type="checkbox"/>	
<input type="checkbox"/>	Crepe Bandage X 1	<input type="checkbox"/>	
<input type="checkbox"/>	Safety Pins X 5	<input type="checkbox"/>	
<input type="checkbox"/>	Nurofen/Panadol X 6	<input type="checkbox"/>	
<input type="checkbox"/>	Band-Aids – Misc. X 5	<input type="checkbox"/>	