



# Gill's Day Hiking Checklist

The following gear checklist contains 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, trail, and duration. Use this list as a guide to build your kit for day hiking but make sure that you choose what works for you.

Pack System		Miscellaneous Equipment	
<input type="checkbox"/>	Osprey Mira 22 Women's Day Pack with integrated 2.5L Osprey Bladder (see below) x 1	<input type="checkbox"/>	Black Diamond Trail Trekking Poles 130cm x 1 pair
<input type="checkbox"/>	Sea to Summit 13L Dry Bag x 1	<input type="checkbox"/>	Live The Edge Sunglasses x 1 pair
<input type="checkbox"/>	Sea to Summit Small Pack Cover (30-50 litre) x 1	<input type="checkbox"/>	SOOLALA Glasses x 1 pair
Hydration System		<input type="checkbox"/>	iPhone 14 Pro x 1
<input type="checkbox"/>	Osprey Hydraulics 2.5L 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"/>	Sheewee Extreme
<input type="checkbox"/>	Toaks Titanium Long Handle Spork x 1	<input type="checkbox"/>	GSI Cathole Trowel x 1
<input type="checkbox"/>	Sea to Summit Cool Grip X-Mug x 1	<input type="checkbox"/>	Toilet paper
<input type="checkbox"/>		<input type="checkbox"/>	Hand sanitiser 60ml x 1
Footwear		<input type="checkbox"/>	Lip Balm x 1 plus Face Moisturiser
<input type="checkbox"/>	Altra Lone Peak 7.0 Women's Shoe x 1 pair	<input type="checkbox"/>	Tissues Travel Pack x 1
<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"/>	Sea to Summit First Aid Dry Sack 1 Litre X 1
<input type="checkbox"/>		<input type="checkbox"/>	Tweezers x 1
Layering System		<input type="checkbox"/>	Splinter pick x 1
<input type="checkbox"/>	Icebreaker Women's Merino Queen Clasp Bra x 1	<input type="checkbox"/>	Crepe Bandage x 1
<input type="checkbox"/>	Icebreaker Sprite Hot Pants x 1 pair	<input type="checkbox"/>	Compression Bandage x 1
<input type="checkbox"/>	Wilderness Wear COOL MERINO Tencel Tee x	<input type="checkbox"/>	Triangular Bandage x 1
<input type="checkbox"/>	Kuhl Freeflex Roll-Up Women's Pants x 1 pair	<input type="checkbox"/>	Safety Pins x 5
<input type="checkbox"/>	Arcade Belt x 1	<input type="checkbox"/>	'Go' – Laxatives x 6
<input type="checkbox"/>	Sunday Afternoons Ultra-Adventure Hat x 1	<input type="checkbox"/>	'Stop' x 6
<input type="checkbox"/>	Marmot PreCip Jacket x 1	<input type="checkbox"/>	Band-Aids – assorted x 15
<input type="checkbox"/>		<input type="checkbox"/>	Exped Zip Pack Small x 1
<input type="checkbox"/>		Swap Outs	
Safety		<input type="checkbox"/>	Sea to Summit Head Net x 1
<input type="checkbox"/>	Garmin InReach Explorer+ x 1	<input type="checkbox"/>	Sea to Summit Gaiters x 1
<input type="checkbox"/>	Suunto A-30 Compass x 1	<input type="checkbox"/>	Wilderness Wear COOL MERINO Tencel Singlet x 1
<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear Women's Merino Max 260 Long Sleeve Crew x 1
<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear Gloves x 1 pair
<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear Merino Mid 195 Skull Cap x 1
<input type="checkbox"/>		<input type="checkbox"/>	The North Face Thermoball Women's Full Zip Jacket x 1
<input type="checkbox"/>		<input type="checkbox"/>	Rainbird Waterproof Pants x 1
<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear Neck Gaiter x 1
<input type="checkbox"/>		<input type="checkbox"/>	