

Wilderness Daypack

(Leave Detailed Track Notes including call-out times with responsible person)

<u>Wear/Carry</u>	<u>Track Notes</u>	<u>Specific Interest gear e.g .</u>
Day Pack with -waterproof liner	Compass	Collection Bags? Hand
Spare carkey (with second walker)	Pocket Knife	Lens? Video Camera?
Driver's Licence	Ball Point	Waterproof Camera? Film?
Money and credit card.	Pencil, Notebook	/Pouch?
Underclothes	Ziplock Plastic Bags	Party Gear (leader)
Shirt	Whistle	1 GPS
Long Loose Pants or shorts	Lighter (+ firelighters?)	2 UHF Radio
Kneeguards/Sock protectors	Very small torch	1 EPIRB(or mobile phone IF there will be reception on the trip)
Handkerchief	Toilet paper	(Replacement sets of batteries for each of the above)
Sox	<u>First Aid</u>	Length of light cord (bootlace thick)
Boots/ Joggers	Elastic Bandage & Keeper	<u>Extra Canoe Gear</u>
Polarfleece/Down Jacket	Stingose	<u>Waterproofing all above</u>
Rainwear (top, bottoms).	Antiseptic	Bash Hat(s)
Hat	Elastoplast	Buoyancy Vest(s)
Gloves, beanie in winter	Eyewash	Canoe(s)
Emergency Shelter (e.g. Blue Tarp)	Eyebath	Paddles
Insect repellent	Panadol	Ropes
Watch	Antihistamine for toxic shock?	Drums
Sandwiches	Medication? (for each individual?)	Waterproof Map
Fruit Bars (2 x 0.05)	Fine tweezers	Bailer sponge
Apples/Dried Fruit	Binoculars?	Bailer bucket
Water + Container (2-3 + litres)	Trekking Poles?	Tie-in ropes/octopus
Waterproof Map Cover	Glasses?	Canoe tape Spray sheets
Maps	Sunglasses?	Throw rope
	Glasses case(s)	