

On-Track Day Pack

Suggested gear for short (1-2 hr), clearly-marked, easy, on-track daywalks.

Wear

Underclothes
Shirt
Long Loose Pants
Handkerchief
Comfortable footwear
Hat
Watch
Sunglasses
Spectacles, case
Sunscreen
Flyveil (summer)
Track Notes (in pocket)

Snack(e.g.
Fruit Bars, Apples /Dried Fruit)
Water + Container (1L)
Specific Interest gear e.g.
Binoculars?
Collection Bags? Hand Lens?
Video Camera? Waterproof
Camera? /Pouch?
(with extra batteries!)
Individual Medication?

Additional Party Gear/Leaders

Repairs/Emergency bag with
Basic First Aid book
Spare pencil , notebook
Whistle
Elastic Bandage & Keeper
Stingose
Antiseptic
Elastoplast
Eyewash
Headache tablets
Fine Tweezers
Splinter Needle

Carry

Good Rucksack with waterproof
cover/ liner
containing
Wallet/purse with cash/credit
cards
Train/bus ticket?
Car key?
Spare car key?
Rainwear
Warm outer e.g. Polarfleece