Gear list for a range of activities

Personal equipment

* Backpack – 40–60 litre size for multi-day hiking
* Waterproof or plastic pack liner
* Sleeping bag – 3–4 season
* First aid kit including blister treatment materials
* Map and compass
* Head torch/flashlight and spare batteries
* Rubbish bag – all rubbish must be taken out with you
* Distress beacon
* Survival kit including survival blanket, whistle, paper, pencil, high energy snack food
* Emergency shelter

Cooking and food equipment

* Drink bottle – 1–2 litre capacity – you may need to carry more depending on resupply options
* Equipment to boil water or water treatment tablets
* Gas cooker and fuel, for example, gas canister
* Eating and cooking utensils
* Matches or lighter in waterproof container