

Items Required for Pathfinder Hikes

This is a suggested checklist of items to bring with you on a Pathfinder pack hike. The items in **Red** are mandatory and without these you will be unable to participate in Pathfinder hikes.

The remainder of the items are included as a guide to help you remember/decide what to bring.

Remember:

- ◆ Your pack must be no more than 1/4 of your weight. Ideally, less than 1/5 of your weight.
- ◆ Nobody cares what you look like out there. Our main concern is your safety, so looking cool has to take a back seat to sensible clothing.
- ◆ We live in a climate which can be dangerously cold for a good portion of the year. If we want to enjoy the outdoors in safety we all need to ensure that we have some essential gear.
- ◆ Avoid wearing cotton!! Cotton absorbs sweat, stays wet and makes you cold. By the way, jeans are made from cotton. Please don't risk your safety by coming hiking in jeans. We will not allow you to come hiking if you come in jeans. If you get wet and cold and get hypothermia it will ruin your's and everyone else's hike.

Clothing

- ◆ **Thermals (Long johns and long sleeves)** Preferably polypropylene. These are quick drying and wick moisture away from your skin keeping you warmer. If you can afford wool thermals, good luck to you. These are less likely to smell from body odour but are around \$100 a piece.
- ◆ **Polar Fleece** Any jacket or pullover made from polar fleece. These can be quite inexpensive if you get them from a store like Kmart or Lowes, etc. They are warm, light and quick drying.
- ◆ **Waterproof Shell** Preferably with a hood. Any waterproof and windproof jacket. It can be anything from a plastic raincoat through to a Gore-tex storm jacket. Gore-tex is waterproof and 'breathable' which means that it stops the water (liquid) coming in and lets the water(gas/vapour from perspiration) escape. Gore-tex is quite expensive, but there are lots of cheaper Gore-tex copies out there if you shop around. Plastic raincoats can be heavy and uncomfortable and not generally recommended.
- ◆ **Overpants** Like the shell layer, these just need to be waterproof pants. They can be plastic, Gore-tex, or anything in between. Again, keep in mind the weight.
- ◆ **Wool or other quality socks**

- ◆ **Shoes** You will need, minimally, a pair of enclosed, lace up shoes with a decent sole with some grip/tread. Don't ruin your skateboard shoes in the bush. Elastic sided boots aren't much fun walking down hill. A pair of solid lace up boots with some ankle support would be best if you had them.
- ◆ **Gloves** Polar fleece mittens or gloves, polypropylene gloves, are inexpensive options for keeping your hands warm. If it rains you'll want something waterproof or quick drying.
- ◆ **Trousers** Did I mention NO COTTON? That includes denim jeans. If they get wet they are hard to dry and make you cold. The ideal pants are the quick drying ones which convert to a pair of shorts by unzipping the legs. Tracky Daks will do as long as they fit properly. Pants that fit poorly or are too long are not safe for bushwalking.
- ◆ **Shirt** The above information about cotton applies here also. A synthetic polo shirt will do if you don't have something with sleeves you can roll up.
- ◆ **Beanie for cold** A beanie is a must for colder weather camping. Because you lose a lot of body heat through your head, sleeping with a beanie on makes you much warmer.
- ◆ Wide brimmed hat for hot weather

Sleeping Gear

- ◆ **Sleeping bag**
 - A down sleeping bag is warmest, lightest and most compact, but is more expensive and useless if you get it wet.
 - A synthetic bag can be as warm as down but will be heavier and will not compress as well. They are, however, much cheaper to buy, and warmer when wet. Most Pathfinders choose the synthetic option. These can be purchased for less than \$100.
- ◆ **Sleeping bag liner** Silk is best as it adds quite a bit of warmth to your bag. It also reduces the need to wash your sleeping bag as often.
- ◆ **Sleeping mat** These are mainly to insulate you from the cold ground, but they do provide some comfort when sleeping. \$5 for a closed cell foam (usually blue), or a self inflating foam mattress, which is more expensive, but more comfortable.

Pack

- ◆ **Properly fitting pack/rucksack**
- ◆ **Pack liner**(a tough garbage bag will do)
- ◆ **Pack cover**(a tough garbage bag will do)

Food and cooking

- ◆ Cooker - gas, alcohol or hexamine are fine but be familiar with the stove before you use it in the bush .
- ◆ Billy - a small aluminium billy for \$5 or \$6 from any camping store is fine
- ◆ matches / lighter
- ◆ **water containers** Empty plastic soft drink bottles are fine.
- ◆ **light plastic mug**
- ◆ **plastic spoon or spork**
- ◆ **food** sufficient for the time camping. We have other documents with suggestions for food.
- ◆ **plastic scourer** for washing up (not in the creek. Other people use it for drinking water) cut a small piece off your Mum's green plastic scourer pad.

Misc.

- ◆ **First aid kit** - Every hiker needs to carry at least the basics.
- ◆ **Torch + 1 set of spare batteries** (a head torch if you have one makes life a lot easier)
- ◆ 10 metres thin cord
- ◆ **toilet paper**
- ◆ Small plastic trowel. Do I need to explain why? (share one between a few people)
- ◆ small face washer or hand towel
- ◆ toothbrush (with enough toothpaste in a zip lock bag to last the trip) don't use it near the creek
- ◆ small biodegradable soap - don't use it near the creek
- ◆ **plastic shopping bag** (for rubbish, dirty clothes)
- ◆ Tent -supplied
- ◆ Map - supplied
- ◆ Compass - supplied

Optional Extras if they fit

- ◆ Sandals or thongs for river crossings and around camp.
- ◆ Camera
- ◆ sewing Kit
- ◆ pencil
- ◆ notebook
- ◆ pocket knife
- ◆ tissues