

Through Walk and Base Camp Checklist

The following list is a guide of what items you may need to take in your backpack or pack for a Base camp and Throughwalk. Everyone's requirements are different and will vary upon the length and type of trip.

- Backpack or pack
- Waterproof packliner
- Suitable tent for the weather conditions
- Sleeping bag
- Sleeping mat
- Water bottle/bladder
- Stove and stove fuel
- Cutlery, cup and bowl
- Sharp knife (eg. pocket knife)
- Matches and lighter
- Toilet paper and small toilet trowel
- Head lamp an torch (with spare batteries)
- First aid kit with personal medication
- Hat or cap
- Toiletries (toothbrush etc.)
- Sunscreen and insect repellent
- Map and compass
- Extra garbage bags
- Length of cord
- Food
- Repair kit (including duct tape)
- For the comfort of others please carry headphones for walkmans and the like
- Change of dry clothes (spare)
 - Clothing consists of:
 - Thermal tops and pants
 - Shorts
 - Shirts
 - Fleece and woollen jumper
 - Rain jacket
 - Wool socks
 - Boots
 - Gaiters (when specified)