

Through Walk Checklist

The following list is the recommended items you should take in your backpack/rucksack for a Through Walk. Everyone's requirements are different and will vary based upon the length and type of trip.

- Backpack/rucksack
- Waterproof pack liner
- Waterproof/dry bags for sleeping bag, spare cloths, phone, camera, etc.
- Suitable tent for the weather conditions
- Suitable sleeping bag for the weather conditions
- Suitable sleeping mat for the weather conditions
- Water bottle/bladder (and a spare in case it breaks/leaks)
- Stove and sufficient stove fuel
- Cutlery, cup and bowl
- Sufficient food for length of trip plus additional meal in case of delays
- Sharp knife (e.g. pocket knife)
- Matches or lighter
- Clothing consisting of:
 - Long pants or shorts for walking (gaiters recommended if walking in shorts)
 - Long sleeved shirt or T-shirt for walking
 - Additional layers for warmth
 - Thermals (top and pants)
 - Fleece/woollen jumper
 - Rain/wind proof jacket
 - Wool socks
 - Boots
 - Sun hat/cap
 - Warm hat (beanie) and gloves depending on weather conditions
- Head lamp (with spare batteries)
- Toilet paper and small toilet trowel
- First aid kit with personal medication
- Toiletries (toothbrush etc.)
- Sunscreen and insect repellent
- Map and compass
- Extra garbage bags
- Length of cord
- Repair kit (including duct tape)
- For the comfort of others please carry headphones for radios/ipods/phones etc.
- Change of dry clothes to change into when you reach camp (your walking cloths may be wet and muddy)

How to pack a rucksack



Put things that you may need to access quickly at the top of your bag (e.g. head torch and waterproof) so they are easily accessible

Put heavy things (e.g. food and stoves) close to your body, if they are too far away you will not only topple over, but you can also damage your back if you're walking long distances

Put light weight things away from your body (for the same reason as above)

Put medium weight things (e.g. clothes) near the bottom of your bag so that you keep your centre of mass low and don't fall over, these things also won't need to be accessed on-the-go

Most bags have a separate compartment for sleeping bags

