

The style or brand of many items is personal preference. For most people, weight should be kept to a minimum. Spare clothing should be carried in separate plastic bags inside the pack. Leaders should consider carrying extra equipment in case of emergencies.

Key: ✓ = Must be carried; O = Optional; S = often Shared.

Appendix 1. Clothing and equipment lists

Item	Description	Day trips	Overnight trips	Ski tours
CLOTHING				
Footwear	Medium weight walking boots are usually preferable, depending on conditions. They should be broken in, fit well and cleaned regularly. Ski boots should be suitable for the type of trip and well water proofed. Runners or jogging shoes are sometimes worn in some terrain but are not usually recommended. Sometimes a spare pair of lightweight runners or thongs are carried for wearing around the camp – optional.	✓	✓ spares	✓ spares
Socks	Usually one light pair and one heavy wool or wool mixture. Carry a spare set for dry feet at night and two bread bags for wet boot night time insulation. Put on dry socks, plastic bread bags and then wet boots and feet will stay warm until bedtime. (Not a suitable daytime practice as feet sweat).	✓	✓ spares	✓ spares
Gaiters	Synthetic or canvas. Protect the legs from scrub and snakes and help keep stones out of boots and seeds out of socks. Essential for keeping snow out of boots. Those fastening with studs or Velcro are easier to use than zips. Front fastening is much easier.	✓	✓	✓
Underwear	Must be comfortable. Many prefer cotton but those with a % of nylon dry more quickly. Carry spares on longer trips.	✓	✓ spares	✓ spares
Shorts	Must be roomy and comfortable and long enough to protect the upper leg. At least one pocket is very handy.	✓	✓	

Item	Description	Day trips	Overnight trips	Ski tours
Trousers <i>or</i>	Cotton for summer, wool or wool mixture for winter, loose fitting with plenty of room and non restrictive. Protect against scrub and sunburn. Never wear jeans. Tracksuit pants are often warm enough at night, particularly if wearing shorts during the day. Synthetic stretch fabric is often used – snow does not stick, dries quickly, but is not nearly as warm as wool or thermal fabrics.	✓	✓	✓ OR ✓
Ski touring trousers				✓
Shirt	Preferably long sleeved with collar to protect the neck. Cotton in summer, wool mix or wicking synthetic in winter. For longer trips a spare can be carried, often of a different weight/warmth.	✓	✓ spare	✓ spare
Thermal top/pants	Can be worn in cold weather as well as or in place of shirt or under shorts. Carry spares for night time use. Emergency clothing for day walks.	✓	✓ spares	✓ spares
Wool jumpers <i>or</i>	2 lightweight long sleeved ones for 'layering'. Tightly knit are warmer.	✓	✓	✓
Fleece jacket	Is light, dries quickly if wet, can be stuffed into cracks in the pack, but many are not windproof, and most tend to be bulky. Need to protect from fire sparks as fabric can melt.	✓	✓	✓
Vest/duvet	Lightweight wool, helps with 'layering'. Down vest or duvet for winter or ski touring.	○	○	○
Waterproof jacket	Must be fully waterproof, long enough to cover shorts and sit on when being worn, have a hood roomy enough to cover when wearing a beanie and be able to be closed in around the face. Goretex, dry japara or other breathable waterproof fabrics are probably best. It should be able to be sealed at the wrists and pulled in at the waist. Pockets are also essential. Maintain properly for maximum waterproofness. Plastic coats, ponchos or spray jackets are not suitable. Shorter jackets are better for skitouring, as they allow greater movement. Wind shells can also be carried for skitouring.	✓	✓	✓

Waterproof pants	Many different fabrics available these days. Need to be loose fitting and large enough to put on without removing boots – zips help.	✓	✓	✓
Sun hat	Squashable, needs to have a large enough brim to protect the face and neck from the sun and some form of tie for windy conditions.	✓	✓	✓
Beanie/balaclava	Woolen or thermal fleece. Must be able to pull well down over the ears. Silk balaclavas are also available as another layer for comfort or insulation.	✓	✓	✓
Gloves/mittens	Wool or thermal fleece. Carry spares in winter or when ski touring. Rubber dishwashing gloves are useful in addition for snow shelter construction.	○	✓ spares	✓ spares
Overmittens	Waterproof overmittens are essential for ski touring and are advisable for winter walking in colder areas.		○	✓
Hankies	Useful for a multitude of purposes. Carry at least 2, preferably large.	✓	✓	✓

PERSONAL ITEMS

Watch	Needs to be waterproof or carried in a plastic bag.	✓	✓	✓
Compass and maps	Carry map in map case or suitable sealable plastic bag.	✓	✓	✓
Notebook	Small one, in a plastic bag with a pen and/or pencil.	✓	✓	✓
Whistle	On a cord, preferably carried on the body at all times.	✓	✓	✓
Sunscreen	Encourage its use on exposed skin. Example is the best reminder.	✓	✓	✓
Insect repellent	Especially important if going into known infested areas.	○	○	✓
First Aid kit	See Chapter 35 for suggested contents for group kit.	S	S	S
Personal items	Lip salve, bandaids, personal drugs, tampons, etc. See Chapter 35.	✓	✓	✓

Item	Description	Day trips	Overnight trips	Ski tours
Matches/lighter	Carry several boxes or lighters in waterproof containers or plastic bags. Carry an extra box, cigarette lighter and candle end in your first aid kit.	✓	✓	✓
Snow goggles/sunglasses	Compulsory for ski touring. Wrap round models are preferable. Sunglasses may substitute, check EPF ratings.	○	○	✓
Spare glasses/contact lenses	If worn.	✓	✓	✓
Toilet paper	Not the whole roll (unless you're out for weeks!) Must be carried in at least one sealable plastic bag. Also carry a sealable plastic bag for soiled sanitary pads or tampons.	✓	✓	✓
Toilet gear	Tooth brush and paste (the end of the smallest tube possible or ask your dentist for samples), comb, Chux type cloth as face washer and/or towel or very small hand towel or sports chamois, motel size soap in a plastic bag if necessary.		✓	✓
Camera and film	Optional. Watch the weight. Real enthusiasts even carry a tripod sometimes!	○	○	○
Binoculars	Especially for birdwatching enthusiasts.	○	S	○
EQUIPMENT				
Pack	Must be comfortable and well fitting and large enough to carry all your equipment inside. Either canvas or Cordura is suitable. Sometimes a very lightweight collapsible daypack is carried for day trips on longer trips.	✓	✓	✓
Pack liner	Even though there is claim that packs are waterproof it is advisable to line the pack inside. Large plastic garbage bags are suitable. Heavy duty ones tear less easily. It must be quite a bit larger than the pack.	✓	✓	✓

Pack cover	Can be useful on open tracks. Needs to be large enough to cover the whole pack and must attach securely, particularly if scrub bashing. Covers held only with elastic can blow off in strong wind.	O	O
Tent	Most suitable tents are made from synthetic fibre, are double skinned, floored, have internal poles, open with zippers and are well ventilated. Two or three person tents share the load (and are often more fun) in which case two vestibules are preferable. Season grading should be considered on selection. Don't forget the poles or pegs. Watch the total weight. Personal preference will determine many features.	S	S
Groundsheet	Plastic, usually put inside the tent as an additional waterproof layer, helps protect the floor and saves mats from getting wet. Three millimetre closed cell foam should be used to line the floor of tents in snow, adding warmth and reducing condensation.	S	S
Sleeping bag	Good quality, down filled, well hooded, carried in waterproof stuff sack or plastic bag. Good ones are expensive. Synthetic ones tend to be heavy and bulky, even when compressed.	✓	✓
Sleeping sheet	Lightweight inner sheet increases warmth and keeps the sleeping bag cleaner.	✓	✓
Sleeping mat	Is needed for both insulation and comfort. Self inflating 'Thermarest' style mats are superior to closed cell foam mats but are expensive. Both can be carried on ski tours.	✓	✓
Sit mat	A small piece of closed cell foam mat or similar serves many purposes, from lunch time sit mat to foot mat in the tent to leg splint!	✓	✓
Water bottle/s	Plastic or aluminium. At least one litre, preferably more or carry a second bottle. Squashable ones are now available in several sizes.	✓	✓

Item	Description	Day trips	Overnight trips	Ski tours
Wineskin	Wine cask bladders make excellent water carriers and fold to nothing when empty.		✓	✓
Torch	Lightweight. Reverse batteries or tape switch when carrying. Carry spare batteries and globe.	✓		✓
Stove and fuel	Lightweight. Many varieties using different fuels are available. Choice depends on preference, length of trip, weight, ease of use. Fuel bottle must be strong and leak proof. One stove per tent is minimum advisable. Solid fuel tablets are inefficient as a substitute.		S	S
Billies and billy grips	Some stoves come with specific billies. Two billies per stove is usually enough. Lids should fit well. Billy grips save many burnt fingers. Carry in cloth or plastic bag.		S	S
Bowl and mug	Lightweight plastic is preferable.		✓	✓
Knife and spoon	Lightweight or nesting KFS type set. Make sure knife is sharp. Fork is not usually necessary.		✓	✓
Can opener	Small lightweight one if carrying cans (or attachment on Swiss army style knife).		O	O
Pot scrubber	Small pieces of nylon type scrubber are good. Detergent is not necessary. Use sand or gravel.		S	S
Chux	Several Chux style cloths can be useful for many purposes, are lightweight and dry quickly.		O	O
Food bags	Plastic or cloth, depending on preference. Carry some spares. A light weight day pack can be used.		✓	✓
Rubbish bag	Use a small heavier duty plastic bag to carry out rubbish.	✓		✓
Candles	With or without candle holder. Can also be used for lighting fires.		S	S

Spare plastic bags	For spare clothes, and a multitude of other uses.	✓	✓
Towel	Lightweight, often plastic, for burying body wastes.	S	S
Cord	Six metres of light blind cord. Useful for many emergency purposes.	✓	✓
Mending kit	For mending clothes and equipment: needles, safety pins, canvas needle, copper wire, nylon line, spare laces, etc. Dental floss is very strong thread.	✓	✓
Skis, stocks, safety straps	Spare tips, spare basket and some specialist mending gear (see Chapter 37) should also be carried. Spares can be group equipment.		✓
Snow shovel	For snow camping, minimum is one per two tents.		✓
Cork or 3 ply mat	Lightweight. For under the stove when cooking on snow, and on tent floor for hot billies.		S
Spare fly	On longer trips an extra fly sheet with lightweight guys can be useful in foul weather, or as emergency shelter on a day trip.	O	O
Books, cards, lightweight games	Can be very useful on extended trips if holed up by bad weather.	O	O

Adjustments to the clothing and equipment should be made for:

- walking in hot dry conditions
- walking in tropical conditions
- extended trips

However, leaders should be aware and prepared for the unexpected, at all times.