

Hike Pack List

What to Bring for a 2 Day Hike

Important things to bring [?](#)

- Water 3L
- Raincoat
- Personal First Aid Kit
- Sunscreen
- Emergency Chocolate Bar

Clothes (2 nights) [?](#)

- x2 Tops/polo shirts
- x2 Short/long pants to walk in
- x1 Jumper
- Beanie/hat
- x3 Long socks (and underwear)
- Comfortable walking shoes

Toiletries/Personal Items

- Toothbrush & Toothpaste
- Insect repellent
- Deodorant
- Toilet Paper

Equipment

- Sleeping Mat (NO STRECHES!!!)
- Sleeping Bag
- Head Torch
- Small Dillybag (spoon, cup, tea towel, small amount of detergent, matches)
- Plastic bags (always good to have)

Food

- 2x Breakfast (e.g. dry cereal)
- 2x Lunch (e.g. Cheese & biscuits, sandwich)
- 2x Dinner (e.g. soups, pasta meals, chicken rice)
- Snacks (e.g. Nuts and Seeds, Dried Fruits, M&M's)

Tents and Trangias & Fuel (for cooking) will be provided by 3rd Croydon Scout Group