



# EAST RAND HIKING CLUB

## CHECK LIST

	<u>Required</u>	<u>Packed</u>
<b><u>Groceries</u></b>		
Tea		
Coffee - Instant		
Coffee - Plunger		
Sugar		
Milk/Cremora		
Salt		
Pepper		
Bisto		
Oil		
Condiments		
Rusks		
Game/Clifton		
Condensed Milk		
Margarine		
Cup-a-Soup		
Smash		
Toppers Soya		
Braai Meat		
Dried Veges		
Meat - Vacuum packed		
Instant Pudding		
Pasta and Sauces		
Corned Meat		
Noodles		
Provita		
Breakfast Bars		
Oats-so-Easy		
Pro-Nutro		
Granola Bars		
Rusks		
Eggs		
Biscuits		
Yoghurt		
Tuna		
Tuna Salad		
Salami		
Biltong		
Dried Wors		
Dried Fruit		
Energy Bars		
Oranges		
Apples		

	<u>Required</u>	<u>Packed</u>
<b><u>Equipment</u></b>		
Plunger - Coffee		
Charcoal		
Firelighters		
Skottle Braai		
Torches / Head light		
Stove		
Extra Gas Bottle		
Gas Lamp		
Cigarette Lighter		
Candle		
Billy/pot/lid		
Kettle		
Hot holder		
Knives/forks/spoons		
Plates		
Cups		
Water bottles		
Tin Opener		
Backpack		
Day Pack		
Moon bag		
Sleeping Bag		
Stuff Bag/tension straps		
Ground sheet		
Mattress		
Pillow		
Space Blanket		
Backpack Rain Cover		
Tent/flysheet/Poles/Pegs		
Batteries		
Ropes/string/wire/nylon		
Folding basin		
Dish Towel		
Scourer		
Dish Washing Liquid		
Plastic Bags		
Mini-grips		
Black Bags		
Walking Stick		
Water Filters/purification Tablets		
Mosquito Net		
Survival Kit		

Sardines		
Glucose Sweets		
Cheese Wedges		
Milo		
Marshmallows/Kebab sticks		
Nuts		
Raisins		
Trailmix		
<b><u>Breakfast:</u></b>		
Cereal		
Yoghurt		
Fruit		
Eggs		
Bacon		
Sausage		
Mushrooms		
Tomato		
Onions		
Bread x 2		
<b><u>Lunch:</u></b>		
Bread Rolls		
Cold Meat		
Chicken		
Lettuce		
Mayonaise		
<b><u>Supper:</u></b>		
Meat		
Veges		
Desert		
<b><u>Snacks:</u></b>		
Crisps		
Peanuts		
Smoked Oysters		
Cottage Cheese		
Sweet Chilli Sauce		
Biscuits		
<b><u>Toiletries</u></b>		
Prescription Medication		
Sunscreen		
After Sun Lotion		
Toiletry bag		
Towels x 2		
Face cloth		
Soap (bio-degradeable)		
Toilet Paper		
Comb/Brush/Mirror		

Bivvy Bag		
Whistle		
Compass/ GPS		
<b><u>General:</u></b>		
Passport/Id document		
Permit		
Map		
Hikers names/tel. Nos.		
Money		
Pencil/Paper/Notebook		
<b><u>Clothing</u></b>		
Hat		
Swimming Costumes		
Shorts		
Shirts		
T-Shirts		
Long Pants		
Jersey		
Jacket		
Raincoat		
Shoes		
Sandals		
Socks Long		
Socks Short		
Undies		
Pajamas		
Extra Clothes/Return Trip		
Track Suit		
Balaclava/Beanie/Scarf		
Gloves		
Handkerchief/Tissues		
Sunglasses		
Track Suit		
Spare Laces		
<b><u>First Aid (Personal)</u></b>		
First Aid Kit		
Plaster		
Mole skin plaster		
Lip Ice		
Sun screen		
Insect repellent		
Pain pills		
CPR mouthpiece		
Latex gloves		
Alcohol swabs		
Savlon		
Anti-inflammatories		

