

## Happyhiker.co.uk – Hiking Checklist

| Essentials                      |  | Consider/Nice to Have?     |  |
|---------------------------------|--|----------------------------|--|
| Boots                           |  | Mobile phone               |  |
| Socks                           |  | GPS receiver               |  |
| Map/Compass                     |  | Spare Batteries/Power pack |  |
| Map case                        |  | Sit mat                    |  |
| Waterproofs<br>(outer layers)   |  | Walking Poles              |  |
| Shirt (base layers)             |  | Gaiters                    |  |
| Fleeces/jumpers<br>(mid-layers) |  | Crampons/Ice Axes          |  |
| Trousers                        |  | Penknife/Multitool         |  |
| Gloves                          |  | Insect Repellent           |  |
| Rucksack                        |  | Hand Sanitiser             |  |
| Rucksack Liner                  |  | Wet wipes                  |  |
| Hats                            |  | Suncream                   |  |
| Food                            |  | Camera                     |  |
| Drinks Container                |  | Binoculars                 |  |
| Watch                           |  |                            |  |
| First Aid Kit                   |  |                            |  |
| Medication                      |  |                            |  |
| Emergency whistle               |  |                            |  |
| Survival Bag                    |  |                            |  |
| Torch                           |  |                            |  |
| Toilet Paper                    |  |                            |  |
| Sunglasses/Goggles              |  |                            |  |
| Route Plan                      |  |                            |  |