

GBTAC Suggested Gear List for a Weekend

Tramp.

- Pack
- Waterproof pack liner or cover
- Water-proof parka
- Water-proof over-trousers
- Comfortable pair of tramping boots
- Gaiters (optional)
- Walking poles (optional)
- Sleeping bag
- Sleeping bag liner (optional)
- Torch/head torch
- Warm hat/balaclava
- Warm gloves
- 2xLong sleeve thermal tops
- Short sleeve thermal top/T shirt
- Thermal Long johns
- Fleece trousers (winter)
- Down vest/jacket (winter)
- Fleece top
- Nylon shorts
- 1-2 pairs woollen tramping socks
- Under pants
- Handkerchief
- Sun hat
- Sunglasses
- Sun screen
- Bowl
- Mug
- Knife and spoon or Spork
- Pocket knife
- 1 litre Water bottle
- Water treatment tablets or filter (optional)
- Matches or lighter
- Toilet paper
- Toilet gear
- Small micro-fiber towel (optional)
- Personal first aid (including personal medication, blister bandages/trampers wool)
- Insect repellent
- Map
- Compass and/or GPS (plus spare batteries)
- Whistle

- Personal Locator beacon (1 per party)
- First Aid kit (1 per party)
- Cooker and fuel (1 per party)
- Billy (1-2 per party)
- Tent (if camping)
- Sleeping mat (if camping)
- Emergency survival bag/ground sheet
- Hut shoes/crocs (optional)
- Cell phone (optional)
- Rubbish bag

Suggested contents of the party first aid kit (Courtesy Waimea Tramping Club)

- Anti-histamine tablets
- Anti-inflammatory cream / pills
- Antiseptic wipes
- Band-Aids
- Crepe bandage
- Pain-killers
- Safety pins
- Saline solution
- Scissors
- Sterile gauze
- Strapping tape
- Tweezers/ needles for removing splinters
- Wound dressing