

Tramping gear for 3-5 day trips

Clothes

- Very personal – just be sure there is a warm layer even at height of summer. Consider sun protection, too, in summer.
- Toilet gear – pills, tooth stuff, towel, soap, toilet paper, wet wipes, insect repellent, sun screen
- Hut shoes – very light.

Wet weather gear

You always need this if you are going above the bush line. Windproof trousers that you can put on over your boots, Gaiters, Parka, warm hat.

Misc personal gear

- Camera, phone with maps of the area downloaded, Battery recharging pack (with connectors)
- Torches – modern 1watt LED.
- Water bottle – at least 1.25 litre,
- Sleeping bag.
- Cutlery, bowl or plate for eating from. Large cup – 400ml or more.
- Compass, whistle. Lighter, or matches in waterproof bag. Sunglasses, especially if you will be on or near snow.
- Sun protection cream. Get something with a cap that screws closed. Changes in air pressure as you climb can cause a real mess in your pack when the tube has a flip top.
- Towel – small, but thick

Party gear

- Cooker, and gas bottles at 1 per 2-days. Number the gas bottles and use them in sequence so you don't run out.
- 2 billies, sized for the size of the group.
- Large sharp knife.
- A wooden spoon weighs little and is great for stirring porridge and some kinds of evening meal.
- Measuring cup for making dehydrated food up correctly.
- Tea strainer for billy coffee.
- Spare zip-lock bags, small and large, for food management and rubbish.
- Dish wash detergent in small bottle, metal pot scourer, dish rag, tea towel so you don't put wet plates in your pack.
- Tent and sleeping mats if you expect to need them.
- Small scales to use at the start of the trip to share out the food and gear by appropriate weights. No need to take them with you if you can leave them somewhere safe.

First aid gear

- Antiseptic cream.
- Antihistamine cream for stinging nettle and wasps.
- Burn cream/gel.
- Paracetamol, anti-inflammatory pills (e.g. ibuprofen) – both are great for painful knees.
- Bandages
- Cleaning wipes,
- Band-aids of different sizes, plain sticky tape (sports tape) for incipient blisters.

Packing your gear

- You need to keep your sleeping bag dry. Use something that will at least keep rain out. If your bag is in the bottom of your pack then a pack cover is not enough. Pack liners work, but can be inconvenient. Some use a plastic bag inside their sleeping bag stuff sack.
- I like a pillow at night – it reduces my snoring. I carry a pillowcase, and pack my clean and dry clothes in it.
- If you are carrying lunch or snack food, have it near the top of your pack.
- Make sure your water bottle won't easily drop out of its pocket on the side of your pack.
- Remember that huts, motels and cars can have mice in them, and they love cereals. Hang up your food at night.
- Keep your toilet paper dry in more than one sealable bag.

Other lists

<http://www.trampingnz.com/info-gear-list>

http://www.autc.org.nz/wiki/trips/gear_lists/tramping

<http://www.alpinesport.org.nz/gear.htm>