

CHECKLIST OF NECESSITIES FOR A HIKING TRAIL

DON'T CARRY MORE THAN ONE THIRD OF YOUR BODY WEIGHT- IDEALLY LESS THAN ONE QUARTER OF YOUR BODY WEIGHT. TO REALLY CUT DOWN ON WEIGHT, CARRY DEHYDRATED FOOD, SHARE COOKING UTENSILS, MEALS, TENTS (IF NEEDED - SPLIT THE TENT BETWEEN HIKERS) N.B. OF COURSE YOU CAN CUT DOWN ON MANY OF THESE ITEMS.

GENERAL

Permit and Map

GPS

Backpack- Adjustable Hip Belt and Shoulder Straps- Splash cover- a strong plastic bag inner

Lightweight Eskimo Sleeping Bag- Or a heavier thicker Sleeping Bag for Extreme Cold plus a waterproof stuff-bag

Space Blanket

L.E.D headlamp or a small torch with extra batteries

Candle

Cigarette lighter (a new one) or water proofed matches

Water Bottle(s)

Pocket Knife

Plate and Mug

Cutlery

Tin Opener

Pot Set- Lightweight with Pot Holder

Pot Scourer

Small Container of Dish wash Liquid

Plastic Bags for Litter

Gas Stove plus spare Gas Cylinder

For Wilderness Trails (Share a tent- split carrying tent, flysheet and poles amongst you) or take a waterproof bouvie bag
A camping mattress for Wilderness Trails-Preferably automatic blow-up type, or a thick piece of foam

OPTIONAL

Camera

Sunglasses

Reading Glasses

CLOTHES

Hiking Boots

Hiking Socks (Wool) 2prs plus 2prs thin synthetic (nylon) socks

Spare laces

Comfortable sandals

Hiking Shirts 'Wicking' Type

T- Shirt

Hiking Shorts

Lightweight Long Pants

Underwear

Long Johns

Sun Hat

Polartec Top

Waterproof Jacket

Lightweight Poncho

Bathing Costume

Hiking Absorbable Towelette

Handkerchief or a bandana

Hint: Keep all clothes and food in thick strong plastic bags to protect against rain

FOOD- SAVE SMALL LIGHTWEIGHT PLASTIC CONTAINERS AND MEDICINE AND OINTMENT CONTAINERS AND PLASTIC MONEY BAGS TO PACK THESE ITEMS- CHOOSE FROM THE FOLLOWING:

Sweetener
Salt
Pepper
Powdered Milk
Coffee
Tea bags
Muesli or Cereal or 6 boiled eggs for breakfast.
Provita or Rye or Pumpnickel Bread
A piece of hard well matured cheese such as parmesan, gruyere or maybe blue cheese.
A well dried salami
Instant soup
Dehydrated Vegetables available at bigger supermarkets
Smash
Instant Noodles
Rice
Sardines Tinned
Tuna in packets
Dehydrated minced meat- you can dry your own in your oven at home-it must be crumbly
Droë wors (dried sausage) and Biltong
Nuts, raisins and dried fruit
Glucose sweets or wine gums
Chocolate preferably dark chocolate- it will not melt so easily
Energy bars
Game
Fresh Fruit
Meat for First Night- Vacuum Packed and Frozen
Cucumber
Celery or a few Carrots
Garlic Cloves
Onion- One
Hard Tack- brandy or whisky (it weighs less and can be mixed with water or coffee)
A small container of sweet liquor

TOILET KIT

Soap small bar, tooth paste a small half tube, toilet paper, Vaseline, lip ice, sunburn lotion, headache tablets, Imodium, eye drops, antihistamine (tablets and cream), plasters, bandage, iodine, insect repellent, antacid tablets, needle and thread for draining blisters, moleskin, Fissan paste for chafing, wet ones, rehydrate powder, glucose tablets for extra energy.

Leave out items if your bag is too heavy. Remember ideally one quarter your body weight but not more than one third which is already getting excessive. Include water that you are carrying. You will need a minimum of 2 litres water per day depending on the heat and incline. Check if there is water on the trail. Divide as much as you can into small portions. Carry crushable items and perishables in a firm plastic container.

Pack food at the bottom of your backpack, cooking utensils at the top, cushioned against your back with your clothes (this stops sharp hard items poking into your back). Your sleeping bag fits in the bottom container with your rain jacket, poncho and a Polartec type top (ready if you quickly need it).

THE FOLLOWING IS A TYPICAL 5 DAY MENU THAT I (TONY BURTON) USE:

Day 1

Breakfast: Before you start the trail

Lunch: Rye bread, cheese, cucumber, some biltong or droë wors and tea.

Supper: Spaghetti bolognaises using fresh mince or two Kassler chops, and smash and salad. Chocolate, coffee laced with brandy.

Day 2

Breakfast: 2 boiled eggs on rye bread or muesli and powdered milk and hot water and coffee.

Lunch: Rye bread, salami, cucumber, celery and an apple. Tea.

Supper: Two-minute noodles, a tin of smoked muscles, tuna and rehydrated peas, maybe a tin of cream, garlic. A liquor and coffee laced with brandy or whisky.

Day 3:

Breakfast: same every morning

Lunch: Provita, cheese, biltong, nuts and tea

Supper: Rice, bully beef, onion, garlic, carrots, packet of soup made into a sauce and rehydrated peas. A stiff brandy followed with coffee and chocolate.

Day 4:

Breakfast: same

Lunch: Provita, Salami, cheese, biltong and tea. Dried Fruit and tea

Supper: Sardines or anchovies as a starter with biscuits. Smash or 3min noodles, rehydrated mince mixed with cup of soup, rehydrated peas, garlic or any onion or greens left over. A liquor and coffee laced with brandy

Day 5:

Breakfast: same

Lunch: Provita or Rye Bread with left overs, either cheese, salami or a packet of tuna, fresh fruit, biltong, nuts, dried fruit.

Supper: At a restaurant or collect everyone's left overs and make a big pot of curry (left in the car) and rice for all with a bottle or two of red wine left in the car.