

THRILL ADVENTURES (002483937-P)

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HIKING CHECKLIST FOR DAY HIKES

MUST HAVE EQUIPMENT

- Day pack (12-30L)
- Water (no less than 1 litre; increase for hot weather, longer days and increased difficulty)
- Headlamp or torchlight
- Food (sweets, chocolates and snacks)
- Matches/ Lighter and pocket knife
- First-aid kit – each hiker must have own first aid kit (incl. mini-scissors & band-aids)
- Whistle
- Survival blanket
- Zip lock plastic bag (use to keep your handphone/wallet dry)
- Disposable rain coat
- Gloves (Hiking/Sports Gloves)

FOOTWEAR

- Boots/shoes suitable for hiking
- Thick hiking socks
- Leech socks (If trail has leeches)

CLOTHING (SUITABLE FOR TROPICAL WEATHER)

- Quick drying t-shirt
- Quick drying pants
- Headband/Hat/Buff/Bandana
- Windbreaker

NOTE! Wearing bright colors (red, yellow, orange) makes you more visible to the rest of the group or to searchers if you become lost.

LEAVE IN THE CAR

- Change of shoes/sandals/slippers
- Change of dry clothes (so you don't have to drive home in wet clothes)
- Plastic bag (to put in soiled clothes & shoes/boots)
- Snacks and drinks as a refreshment

OTHERS (LIST YOUR OWN)
