



## EQUIPMENT THAT YOU MAY WISH TO TAKE ON A DAY WALK

- Daypack (a smallish pack, similar to what school kids have)
- Sunscreen
- Insect Repellent
- Trowel and toilet paper
- First Aid Kit (basic needs for your day, bandaids, Stingos but always pack a compression bandage for snakebites)
- Raincoat (optional but recommended if rain is expected), this can be a good Gortex jacket if you have one, or a basic plastic poncho
- Sunhat (Beanie for winter - optional) – particularly for those men who might be thinning on top!
- Polarfleece (optional for winter) or a jumper/sweater if it gets cold
- Torch (spare batteries optional) – always a good idea if you think you might be caught out after dark
- Compass, maps & tracknotes, if you intend to practise navigation
- Sufficient food and water for the trip