

## Personal equipment list - Hike

Category	What		Comment
Dressed:	Layer 1:	Underwear Socks T-shirt or Tank top	If it is cols/wet so use add clothes from the category “Reinforcing / Rain clothes”. Socks should be a thinner pair closest to your foot and a thicker pair on that. Preferable in wool. The wind jacket can be your rain coat.
	Layer 2:	Shirt Trousers	
	Layer 3:	Wind jacket	
	Shoes:	Leather or rain boots	
Carry in:	Backpack Backpack rain cover		Pack inside the backpack! Nothing in your hands and nothing on the pack that dangles! Make sure you have space left for common gear and food.
Sleep:	Sleeping bag Sleeping pad		It's more important that the sleeping pad insulates from the cold ground then that it's soft!
Reinforcing / Rain clothes:	Thick sweater or thin down jacket Long Johns Beanie Gloves Scarf or Buff Rain jacket Rain trousers		It can be cold at night. The rain jacket can be the wind jacket if it breathes. The rain trousers can the spare trousers together with the long Johns.
Sleeping clothes:	Long Johns Long sleeves T-shirt Socks Beanie or Balaclava (thin) Gloves (thin)		It's warmer and it protects the sleeping bag. An alternative could be a sleeping bag liner. Sleep with a thin beanie! Thin gloves are comfortable when it's cold. Keep these clothes dry so that you get a better night's sleep.
Spare clothes:	Underwear Socks T-shirt or Tank top		Remember it's just a hike for a couple of days and not an expedition around the world. Maybe you don't have to change clothes quite as often as home.
Other:	Water bottle (-s) Flashlight or headlamp First Aid kit (small) + some blister aid Eating gear (mug/plate, utensils, dish) Hygiene (toothbrush etc.) Bugg protection (if it's season) Toilet kit (toilet paper etc.) Repair kit (needle, thread etc.) Plastic bag for garbage Paper and pen  <b>If you have and want to bring:</b> Knife (if you have the certificate) Fire kit (Matches, birch bark etc.) Working gloves Compass Wooden outing tray (Swe: Hajkbricka)		<ul style="list-style-type: none"> <li>Do not bring too much “nice too have”. It's just adding weight and every kilo less carrying gives better comfort.</li> <li>A small flashlight or headlamp is enough. You don't need to light up the entire forest.</li> <li>Working gloves protects your hands when we use ropes, makes fire or handle the stove.</li> <li>Think about which eating gear you need!</li> <li>Dish gear = small sponge and a tiny bottle of detergent.</li> <li>Hygiene gear: Bring only minimum. Save the toothpaste from home when it's only left in it for a few days. Perfect for a hike. Small towel can a wash cloth.</li> <li>You don't need a full roll of toilet paper. Remove the inner tube to save volume.</li> <li>The repair kit consists of stuff you know how to use. You don't need to repair a car but perhaps mend you pants or tape your glasses.</li> <li>We do not leave any garbage in the nature and do not count on finding a garbage bin. Bring your garbage back home and sort it there.</li> </ul>

Note: This is just a suggestion based upon personal experience and should work from late spring to early autumn. If it gets colder you need warmer gear. A bit like your jacket. It's probably not the same in autumn/winter as in spring/summer. Do not run to the nearest store a buy the latest extreme gear. It's better to get gear step by step and base it on your experience and season for your hikes.