

Embrace your #naturebeing

ACT gear list - Summer

Essentials

- ☐ Sturdy 3-season tent
- ☐ Hiking pack
- ☐ Sleeping bag
- ☐ Sleeping pad/mat
- ☐ Stove, fuel and cooking/eating utensils
- ☐ Enough food for # hiking days + 1 (or 2)
- ☐ 1 - 1.5L water bottle
- ☐ Two-way emergency communicator pre-programmed with self-rescue contact details
- ☐ Navigation equipment
- ☐ Personal First Aid Kit
- ☐ Prescriptions / medications
- ☐ Sunscreen and lip balm
- ☐ Trowel for digging catholes (toileting)
- ☐ Zip-top bags for garbage/toilet paper (you MUST pack out ALL your trash, used toilet paper, and sanitary products)
- ☐ Hand sanitiser

My Notes

Recommended Clothing

- ☐ Hiking boots
- ☐ Base layer (thermal underwear)
- ☐ Hiking layer (hiking shirts + pants)
- ☐ Mid-layer (fleece or light down jacket)
- ☐ Waterproof layer (top and bottom)
- ☐ Waterproof socks
- ☐ Woollen hat
- ☐ Sun hat
- ☐ Sunglasses
- ☐ Buff / scarf
- ☐ 3x hiking socks
- ☐ Gloves

Optional (but strongly recommended)

- ☐ Hiking poles
- ☐ River crossing shoes/sandals
- ☐ Waterproof socks
- ☐ Camera, electronics, journal, book, etc
- ☐ Pee cloth
- ☐ Biodegradable soap
- ☐ Pack towel
- ☐ Insect repellent and headnet (summer)
- ☐ Duct tape
- ☐ Multi-tool