

HEYSEN TRAIL CHECKLIST



TREKKING WEST

Remember to take into account your individual circumstances before planning your packing list

CLOTHING

✓ QTY

- _ T-shirts
- _ Fleece Jumper
- _ Rain Jacket
- _ Woolen Socks
- _ Underwear
- _ Thermal Gloves
- _ Footy/Sleeping Shorts
- _ Long Pants
- _ Hiking Shorts
- _ Compression Tights
- _ Waterproof Pants
- _ Beanie
- _ Cap/Hat
- _ Hiking Boots
- _ Thongs/Flip-flops
- _ Sunglasses
- _ Bandana/Buff
- _ Compression Sack
- _ Other

TECHNOLOGY

- Mobile Phone/Charger
- Mobile Battery Case
- Solar Panel
- Powerbanks
- Other

CAMERA EQUIPMENT

- Camera/Accessories
- SD Cards
- Other

TOILETRIES

✓ QTY

- _ Soap
- _ Toothbrush/Floss
- _ Toothpaste
- _ Hand Disinfectant
- _ Dietary Supplements
- _ Wet Wipes
- _ Roll On Deodorant
- _ Toiletry Bag
- _ Scissors
- _ Tweezers
- _ Quick Dry Towel
- _ Toilet Rolls
- _ Other

COOKING

- Cooking Set
- Fuel Canisters
- Spork
- Travel Mug
- Scourer
- Matches/Lighter
- Other

MISCELLANEOUS

- Notebook
- Pens
- Plastic Bags
- Wallet
- Tennis Ball
- Trowel
- Whistle
- Other

FIRST AID

✓ QTY

- _ Antiseptic Cream
- _ Bandages
- _ Band-Aids/Blister Kit
- _ Painkillers
- _ Insect Repellent
- _ Vaseline
- _ Sunscreen
- _ Lip Balm
- _ Heat Rub
- _ Other

CAMPING

- Tent
- Sleeping Bag
- Sleeping Mat
- Inflatable Pillow
- Other

HIKING

- Backpack
- Hiking Poles
- Head Lamp
- Water Bladder
- Purification Tablets
- Electrolyte Tablets
- Heyesen Trail Maps
- Emergency Beacon
- Pocket Knife
- Other



More information available
www.trekkingwest.com