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Hiking Packing List

On the Trail			
Day backpack (lightweight)		Hiking gear	
Water proof bag for electronics (cell phone, etc)		Hiking pants/ tights/ shorts (wash & re-use)	
Water bottles 2 or 3 L/ hydration pack		Long socks preferable x 3 pairs (wash & re-use)	
Lip balm		Shirts/ light weight tops x 3 (wash and re-use)-long sleeved advised during summer	
Sunscreen		Underwear	
Phone		Hiking boots/ trail shoes (high top boots recommended for ankle support)	
Sunglasses		Waterproof poncho/ rain jacket	
Camera (keep it light)		Peak/ wide brimmed hat	
Personal Medications		Aqua/rock shoes (MR Price has these for R150-advised for the gorge walk or beach walking with river crossings).	
Swimming costume		Light weight quick dry towel for the natural pool swims in between the hike.	
Cash – for beers/ cokes/ tips, etc			
Poncho/ Rain jacket			
Blister Cream		General Clothing (for after the walk each day)	
Plasters (Micropore is the best for blisters)		Slops / Sandals	
Other items		Jackets / Jerseys (Winter)	
Ear plugs - optional (can be useful for light sleepers during the homestay)		Warm pants (Winter)	
Toiletries (toothbrush, toothpaste, shampoo, soap, etc)		Sleep clothes	
Insurance & medical aid details		T-shirts - long and short sleeved.	
Spare contacts / glasses / contact solution		Shorts	
Phone charger		Beanie (Winter)	
Battery pack/ powerbank			
Credit card (medical emergency) and cash (spaza shops)		Optional	
Insect repellent – Mozzie & Ticks		Binoculars	
Binoculars- for a visit to the Vulture Colony			
Bath towel			
Torch			
Name tag for your bag (This helps the staff to place your bag in the correct room)			
Rehydrate sachets - good after a long day in the sun			

We will provide food to keep you fuelled on the hike but if you have specific needs (i.e. snack bars etc) please bring these along for yourself.

This is a slackpacking adventure. You will only carry your day pack during the hike as your clothing bag will be transported by vehicle to each destination.

THE ABOVE MAY NOT BE A COMPLETE LIST OF YOUR REQUIREMENTS, PLEASE USE YOUR OWN DISCRETION WHEN PACKING