

# Hike Equipment

**Tuki Tiger Adventures, Top Notch Hikes & Tuki Tours** present a guide to the essential supplies, technical clothing, and equipment every hiker should have – along with optional extras to enhance your adventure.

Not every item listed is required for every trip; the season, weather, and type of hike will determine what you need. Be prepared, stay safe, and keep your tiger spirit ready for anything!

**TUKI TIGER  
ADVENTURES**

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## **BASIC HIKING CLOTHING**

**Baselayers** – Multiple layers is better for warmth and movability as opposed to one heavy layer

**Coat (Summer)** – Better to be safe than sorry! Gore-Tex or similar advised

**Fleece** – Provide good warmth

**Footwear (Boots/Trail & Walking Shoes)** – Ankle-supporting boots with a thick

Vibram sole are recommended, but walking shoes are fine given the right terrain & weather conditions

**Gaiters** – Strongly advise for wet and muddy conditions

**Gloves or Mittens** – Consider waterproof options

**Headwear (Hat, Cap, Beanie or Buff)** – What's your style?

**Shorts** – For those rare hot summer days ☺

**Socks (Walking/Liner)** – Wearing two pairs of socks helps prevent blisters

**Walking Trousers/Pants** – Provide a full range of movement and dry quickly

**Waterproof Trousers/Pants** – Simply essential in bad weather!



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## **OPTIONAL HIKING CLOTHING**

**Balaclava** – Sometimes invaluable on a freezing summit

**Coat (Winter)** – 4 season protection

**Down Jacket** – Provide excellent warmth but usually not waterproof

**Gloves (Liner)** – Provide extra insulation in cold conditions

**Scarf/Neck Warmer** – Great for cold/windy days

**Spare Socks** – Invaluable when boots fail or bad weather wins.

**Thermals** – Speak for themselves.



## **BASIC HIKING EQUIPMENT**

**Rucksack** – 20 to 35 litre will work for most

**Disposable Shoe Covers** – Not all pubs/cafes take kindly to muddy boots and shoes

**Drawstring Bag** – Ideal for storing food and snacks in your pack

**Dry Bag** – Useful for packing spare clothing in bad weather

**First Aid Kit** – Always be prepared! Shit happens!

**Head Torch + Spare Batteries** – Essential for night walking

**Insect Repellent** – Seasonal

**Medication** – Are you reliant on anything specialised or specific? Inhalers maybe? DON'T FORGET IT!

**Mobile Phone** – In the unlikely event you lose the group and need to call your walk leader

**Plastic Bags** – Pack a couple, multifunctional and never know when may come in handy

**Sitting Mat** – You'll be glad you've got one

**Small Repair Kit** – Replacement Laces, Sewing Kit, Safety Pins, McNett Seam Grip etc

**Sun Cream + Lip Balm** – Seasonal

**Sunglasses** – The weather is never predictable

**Water Bottle(s)** – Important to hydrate, if you feel thirsty then you're already dehydrated

**Water Hydration Pack** – Personal preference but very handy for hydrating on the go

**Waterproof Cover (Rucksack)** – Speaks for itself!



## **OPTIONAL HIKING EQUIPMENT**

**Camera**

**Emergency Whistle** – Safety precaution

**GPS/Compass, Map + Protective Case** – If you fancy learning to map read and navigate

**Hand/Feet Warmers** – How's your circulation?

**Portable Chargers** – Extra juice for your mobile phone

**Soup Flask** – How do you like your lunch?

**Swiss Army Knife** – For those weekend mountain adventures

**Thermal Blanket** – Mountain safety precaution.

**Thermos Flask** – Nice to enjoy a hot drink on a cold winters day

**Tissues/Toilet Paper** – Sometimes needs must!

**Trekking Poles** – Useful for steep descents and mountain trips

**Vaseline** – Tip! Spread generously across toes & hills of feet to avoid blisters

**Waterproof Pouch** – Perfect for securing valuables (Camera, Mobile etc.) against the elements.



## FOOD SUPPLIES

**Food (Lunch)** – Sandwiches work, some prefer soup

**Food (Snacks)** – High energy, high protein, low weight snacks are ideal

**Water** – Recommend minimum 1-2 litres, personally usually carry 3 litres.



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## WEEKEND EXTRAS

**Alcohol** – Maybe you fancy a drink after a day's activities but there are no options to buy locally

**Chargers (Phone + Camera)**

**Earplugs** – People snore, people make noise

**Eye Mask** – Very useful in hostels

**Flip Flops** – Ideal for shared facilities - or just to let those tired tootsies breathe after a long day on the trail

**General Clothing** – What do you like to wear when you're chilling, socialising or partying?

**Toiletries** – Don't forget your wash bag

**Towel** – Accommodation dependant but if it's a hostel then you'll need a towel

**Storm Shelter/Survival Bag** – For the super cautious.



## OTHER NOTES

- Bring some physical cash too - not all pubs and cafés take cards.
- For longer getaways, it's smart to double up on key items like gloves and hats. We can't control the elements, and if the gods unleash their fury one day, you'll be grateful to have a dry backup ready for the next outing.
- Avoid wearing cotton. It doesn't wick sweat or dry quickly, unlike technical hiking fabrics that are specifically designed to keep you dry and comfortable.
- Avoid wearing jeans or trainers on most walks. Refer to the 'Hike Grading' for the few situations where they may be suitable.