

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

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!



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.



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 Gratings' for the few situations where they may be suitable.

