

# Hike Equipment

Tuki Tiger Adventures, Top Notch Hikes & Tuki Tours guidelines to the basic supplies, technical clothing and equipment every hiker should own, along with optional extras to consider. Not all items listed below would always be required, different seasons and weather dictate.

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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)** – Sturdy ankle support boots with thick Vibram rubber sole recommended but Trail and Walking shoes are fine given the right terrain and 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. Buff sells an effective fleece version that fits very snug.

**Spare Socks** – Invaluable when boots fail or bad weather wins. Also comforting at walk end when blisters strike.

**Thermals** – Speak for themselves!

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## 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 you're already dehydrated.

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

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

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## **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?

**Storm Shelter/Survival Bag** – For the super cautious, unlikely to ever need but you never know!

**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** – Very much an individual thing but useful for steep descents and mountain trips.

**Vaseline** – Tip! Spread generously across toes & hills of feet to avoid blisters. Works a treat for me ☺.

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

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## **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? Rare but possible.

**Chargers (Phone + Camera)**

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

**Eye Mask** – Very useful in hostels.

**Flip Flops** – Useful for shared facilities or simply to air and rest tired tootsies after a hard days walking.

**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.

## **OTHER NOTES**

- Don't forget to bring some physical cash, not all pubs/cafes accept cards.
- For extended getaways it's wise to double up on certain items e.g. gloves, hats etc. We can't control the elements. If the God's unleash their fury one day then make sure you've a dry option for the next outing.
- Avoid wearing any Cotton clothing. It fails to wick away sweat and dry quickly, unlike technical hiking clothing, which is specifically designed to effectively perform this function.
- Avoid wearing jeans or trainers on the vast majority of walks. See 'Hike Gradings' for the rule exceptions.