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!

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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!



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

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