

# OVERNIGHT HIKING KIT LIST

**Drakensberg Adventures 2 day hike to Gxalingenwa Cave, 4 day hike to Thabana Ntlenyana , as well as self guided hikes**

**ITEMS IN BLACK ARE ESSENTIAL, THOSE IN RED ARE OPTIONAL.**

## **PASSPORTS FOR THABANA NTLENYANA HIKE**

Comfortable good quality rucksack (at least 55 - 65 litres capacity)

Good quality sleeping bag (down or equivalent) **(wrap in garbage bag to keep it dry)**

Closed cell sleeping mat (or equivalent)

**Light plastic ground sheet (Opened up black rubbish bags work fine!)**

Your favourite worn in hiking boots

Good quality windproof and / or waterproof jacket (or equivalent)

Good quality rain gear (preferably a rain suit top and pants)

Personal medication and toiletries

Sun screen lotion

Rubbish bags to bring your rubbish out with you!

**Food - self catered . See food list in office for hiking menu ideas. Take enough for at least one day more than you intend to be out for.**

## **Clothing**

*NB All clothes not being worn should be wrapped in garbage bags to keep them dry (there is no such thing as a waterproof rucksack!)*

Fleece top or down jacket (or jersey depending on season)

Sun hat

1 pair short pants

2 x T shirts or equivalent (preferably wic dri)

Long pants such as tracksuit bottoms

2 x hiking socks

**Beanie or balaclava (optional depending on season)**

**Gloves (optional depending on season)**

**Swimming costume (optional depending on season)**

## **Accessories**

**Small gas/ meths stove**

**Spare gas cylinder(s)/methylated spirits**

**Cooking pots**

**Eating utensils (knife fork spoon mug)**

**(You can get away with cold food for up to a 2 day hike, anything longer we recommend you take a stove and proper food.)**

**Light waterproof sandals (such as Crocs)**

**Torch and spare batteries (preferably head torch)**

**Water bottle**

**Camera**

**Small towel**

**Matches or lighter**

**Toilet paper (In plastic bag to keep dry!)**

**Digging tool for ablutions**

**Candle**

**Trekking poles or hiking stick**

**Cellphone**