

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