

Packing list (winter hiking)

- Sleeping mat (lightweight roll – foam or self-inflating)
- Sleeping bag (“comfort factor” near 0 degrees)
- Pillowcase (no pillow – use clothes)
- Head-torch
- Toiletries (small, light)
- Waterbottle
- Raincoat
- Sun hat (for hiking)
- Warm hat (beanie, for night)
- Spare shoes
- Personal first aid kit (small, light)
- Change of clothes – spare:
 - Tshirt
 - Underwear
 - Socks (thick, for hiking)
 - Long pants
 - Jumper
 - Avoid very bulky clothes, aim for warmth in layers
- Dilly bag:
 - a bowl (light, plastic, for plate and bowl use)
 - knife, fork (spoon very optional)
 - a mug or cup (for hot and cold drinks)
 - a tea towel