



Kiwiburn Tramp – Gear List

- Food 1 x Breakfast, 1 x Dinner, 2 x Lunch
- Plus – bring some food to eat in the van before we start tramping on Friday night.
- Snack Food - Scroggin. Energy food, eg nuts, dried fruit, chocolate etc.
- Waterproof Jacket
- Woolly Fleece (under jacket)
- X 2 Thermal Layers
- X 2 Long Johns / warm practical pants / leggings
- Shorts
- Underwear (no cotton)
- Beanie (any warm hat)
- Warm gloves
- X 2 thick socks
- Broken in Tramping Boots (with ankle support)
- Headtorch (spare batteries – optional)
- Insect repellent / sunscreen
- Personal sanitary / hygiene items (eg deodorant, toothpaste, face wipes etc)
- Personal First Aid kit
- Drink bottle / camelback
- Cup, Knife, fork, spoon
- Pack
- Pack Liner / rubbish bags
- Bags for putting gear in
- Sleeping bag (warm)
- Sleeping mat
- Whistle (optional)
- Gaiters (Optional)
- Gas Cooker (Optional) – Please let Ms Mattingly know if you are bringing a gas cooker
- Tent (Optional) – Please let Ms Mattingly if you are bringing a Tent and how many it sleeps

Food:

- Radix or Back Country – Freeze Dried Food is available from Southern Adventure or H and J Smiths Outdoor Department– both in Tay Street. The Dinner meals – need to be lightweight especially.
- Cheese, crackers, salami, snack bars, dried fruit, noodles are some suggestions for lunch. (Lunch on the Saturday the second day – will need to be a packed lunch – we may not have access to cooking while on the day tramp).
- Breakfast could be porridge/oats/weetbix or a Radix breakfast could be purchased.
- FYI Radix is rumoured to taste better than backcountry and has options for special dietary requirements