

SINGLE TRACK ADVENTURES

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Hiking Packing List

Space is limited in the vehicle - please take this into consideration when packing and keep your bag to a medium size.

On the Trail	Clothing (You can do washing at Vonnies Rest)
Day backpack (lightweight)	Hiking gear
Water proof bag for electronics (cell phone, etc)	Hiking pants/ tights/ shorts (wash & re-use)
Water bottles 2 or 3 L/ hydration pack	Long socks preferable x 3 pairs (wash & re-use)
Lip balm	Shirts/ light weight tops x 3 (wash and re-use)-long sleeved advised during summer
Sunscreen	Underwear
Phone	Hiking boots/ trail shoes (high top boots recommended for ankle support)
Sunglasses	Waterproof poncho/ rain jacket
Camera (keep it light)	Peak/ wide brimmed hat
Personal Medications	Aqua/rock shoes (MR Price has these for R150-advised for the gorge walk or beach walking with river crossings).
Swimming costume	Light weight quick dry towel for the natural pool swims in between the hike.
Cash – for beers/ cokes/ tips, etc	
Poncho/ Rain jacket	
Mask	General Clothing (for after the walk each day)
Blister Cream and Plasters	Slops / Sandals
Other items	Jackets / Jerseys (Winter)
Ear plugs - optional (can be useful for light sleepers during the homestay)	Warm pants (Winter)
Toiletries (toothbrush, toothpaste, shampoo, soap, etc)	Sleep clothes
Insurance & medical aid details	T-shirts - long and short sleeved.
Spare contacts / glasses / contact solution	Shorts
Phone charger	Beanie (Winter)
Battery pack/ powerbank	
Credit card (medical emergency) and cash (spaza shops)	
Insect repellent	
Binoculars- for a visit to the Vulture Colony	
Bath towel	
Torch	
Name tag for your bag (This helps the staff to place your bag in the correct room)	
Rehydrate sachets - good after a long day in the sun	

We will provide food to keep you fuelled on the hike but if you have specific needs (i.e. snack bars etc) please bring these along for yourself.
 This is a slackpacking adventure. You will only carry your day pack during the hike as your clothing bag will be transported by vehicle to each destination.
THE ABOVE MAY NOT BE A COMPLETE LIST OF YOUR REQUIREMENTS, PLEASE USE YOUR OWN DISCRETION WHEN PACKING