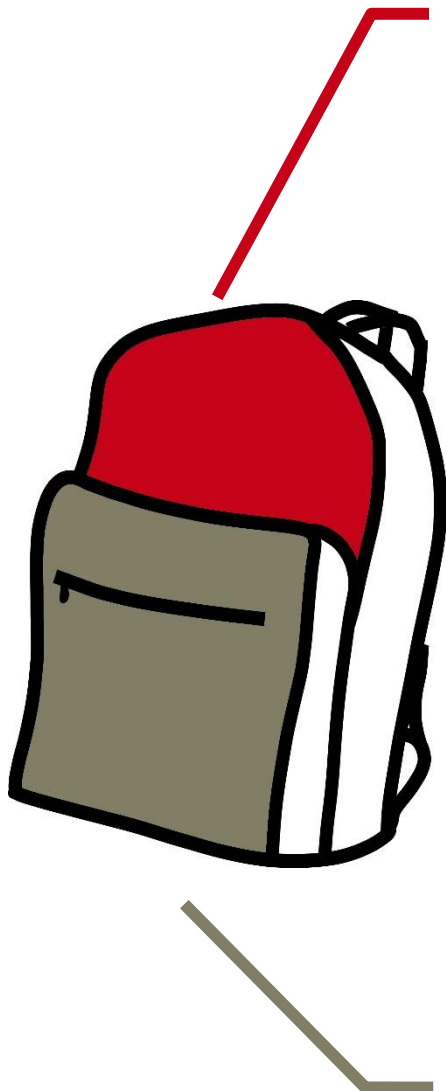


# Packing List for Day Hikes



## Just in case

- Spare t-shirt
- Rain jacket
- Fleece jacket
- Blister plasters
- Tissues
- Matches

## Always at hand

- Sunglasses
- Sun cream
- Sun hat or cap
- Drinking bottle
- Snacks
- Sweets / dextrose energy
- First aid kit
- Hiking map
- Mobile phone
- Cash
- Pocket knife
- GA or half-fare travel card for public transport users