



# Tim's Multi-Day Gear Checklist

The following checklist is what I currently carry on a multi-day hike. Equipment is chosen mainly on the following criteria:

- The lightest most compact gear where possible (but not always).
- Equipment that is comfortable.
- Equipment that meets my needs.
- Gear that is readily available and where possible, allows me to support Australian manufacturers and retailers.

Each trip is unique so I will 'swap out' certain pieces of equipment depending on the expected conditions. Use this list as a guide to build your own multi-day kit but make sure that what you choose suits you. (Version: 28 June 2026).

Pack System	Layering system	First Aid and Toiletries
<input type="checkbox"/> Osprey Exos Pro 55 Litre Pack X 1	<input type="checkbox"/> Wilderness Wear Men's MerinoFusion 190 Long Sleeved Top Tee X 1	<input type="checkbox"/> Sea to Summit First Aid Dry Sack 3 Litre X 1
<input type="checkbox"/> Sea to Summit Ultra-Sil Pack Cover medium 50-70 Litre X 1	<input type="checkbox"/> Wilderness Wear Men's Cumulo Merino 150 Long Sleeved Top X 1	<input type="checkbox"/> Splinter Pick X 1
<input type="checkbox"/> Macpac 70L Ultralight Pack Liner X 1	<input type="checkbox"/> Sea to Summit 13L Dry Bag X 1 (pillow)	<input type="checkbox"/> Tweezers X 1
<input type="checkbox"/> Sea to Summit 13L Dry Bag X 1	<input type="checkbox"/> Kuhl Radikl Men's Pants X 1	<input type="checkbox"/> Compression Bandage X 2
	<input type="checkbox"/> Exofficio Give-N-Go 3" Boxer Briefs X 2	<input type="checkbox"/> Triangular Bandage X 1
<b>Shelter System</b>	<input type="checkbox"/> Arcade Belt X 1	<input type="checkbox"/> Crepe Bandage X 1
<input type="checkbox"/> MSR Freelite 2 Person Tent X 1	<input type="checkbox"/> Wilderness Wear Light Merino 170 Leggings X 1	<input type="checkbox"/> Assorted Band-Aids X 15
<input type="checkbox"/> MSR Groundhog Tent Pegs X 6	<input type="checkbox"/> The North Face Terra Peak Jacket X 1	<input type="checkbox"/> Safety Pins X 5
	<input type="checkbox"/> Marmot Men's PreCip Nano Jacket X 1	<input type="checkbox"/> Nail Scissors X 1
<b>Hydration System</b>	<input type="checkbox"/> Marmot Men's PreCip Eco Rain Pants X 1	<input type="checkbox"/> Nurofen X 12
<input type="checkbox"/> HydraPak Contour Water Bladder 3L X 1	<input type="checkbox"/> Buff Original X 1	<input type="checkbox"/> Panadol X 12
<input type="checkbox"/> Platypus Quickdraw Water Filter X 1	<input type="checkbox"/> Sunday Afternoons Sun Guide Cap X 1	<input type="checkbox"/> 'Go' - Laxatives X 4
<input type="checkbox"/> Platypus Collapsible Water Bottle 2L X 1	<input type="checkbox"/> Macpac Merino Glove Liners X 1	<input type="checkbox"/> 'Stop' - Imodium X 4
<input type="checkbox"/> Katadyn Micropur Forte Water Purification Liquid 100ml	<input type="checkbox"/> Under Armour Men's UA Tech Shorts X 1	<input type="checkbox"/> Band-Aids - Misc. X 15
<b>Sleep System</b>	<input type="checkbox"/> Foldback Clip 19mm X 1	<input type="checkbox"/> Fixomull 50mm X 1 roll
<input type="checkbox"/> Sea to Summit Spark Pro -9 X 1		<input type="checkbox"/> 38mm Sports tape X 1 roll
<input type="checkbox"/> Naturehike Ultralight Sleeping Bag Liner X1	<b>Footwear</b>	<input type="checkbox"/> 25mm Sports tape X 1 roll
<input type="checkbox"/> Therm-a-rest NeoAir Xtherm NXT Sleeping Mat X 1	<input type="checkbox"/> Smartwool Run Targeted Cushion Mid Crew Socks X 2 pairs	<input type="checkbox"/> Nurofen
	<input type="checkbox"/> Topo Athletic Vista Trail Runners X 1	<input type="checkbox"/> Panadol X 12
<b>Camp Kitchen</b>	<input type="checkbox"/> Altra Trail Gaiters X 1 pair	<input type="checkbox"/> 'Go' - Laxatives X 4
<input type="checkbox"/> MSR Pocket rocket Deluxe Stove X 1		
<input type="checkbox"/> Toaks 750ml Titanium Pot X 1	<b>Miscellaneous Equipment</b>	<b>Swap Outs</b>
<input type="checkbox"/> MSR 100g Gas Canister X 1 per week	<input type="checkbox"/> Liive The Edge Sunglasses X 1	<input type="checkbox"/> Osprey Talon 36 Litre Pack X 1
<input type="checkbox"/> MSR Universal Canister Stabiliser Base X 1	<input type="checkbox"/> Black Diamond Distance Carbon FLZ Trekking Poles-125-140 cm X 1 pair	<input type="checkbox"/> MSR Blizzard Sand Stake Tent Pegs X 6
<input type="checkbox"/> Light My fire Scout X 1	<input type="checkbox"/> Petzl Actik 600 Headlamp X 1	<input type="checkbox"/> One Planet Nitrous Sleeping Bag X 1
<input type="checkbox"/> GSI Essential Long Handled Spoon X 1	<input type="checkbox"/> Charging Cables X 3	<input type="checkbox"/> Buff Merino Wool X 1
<input type="checkbox"/> Sea to Summit Cool Grip X-Mug X 1	<input type="checkbox"/> REAVEE Tube Case Reading Glasses X 1	<input type="checkbox"/> Sea to Summit Head Net X 1
<input type="checkbox"/> Deejo Tattoo Naked Topography Knife X1	<input type="checkbox"/> Belkin BoostCharge 26K 4-Port Power Bank X 1	<input type="checkbox"/> Lip Balm X 1
<input type="checkbox"/> Peanut Butter Jar X 1	<input type="checkbox"/> UGREEN 65W Wall Charger X 1	<input type="checkbox"/> Patagonia Unisex Sun Gloves X 1
<b>Toiletries</b>	<input type="checkbox"/> Scrubba Weightless Wallet X 1	<input type="checkbox"/> Sea to Summit Quagmire Gaiters X 1
<input type="checkbox"/> Toothbrush X 1	<input type="checkbox"/> Sea to Summit Lightweight Dry Bag 1.5litres X 2	<input type="checkbox"/> Sunday Afternoons Ultra Adventure Hat X 1
<input type="checkbox"/> Lush Toothy Tabs X 2 per day	<input type="checkbox"/> iPhone 17 Pro X 1	<input type="checkbox"/> Sea to Summit Escapist Tarp X 1
<input type="checkbox"/> Dental Floss X 25 metres	<input type="checkbox"/> 6000mAh Portable Battery Charger Case for Apple iPhone 17 Pro X 1	<input type="checkbox"/> Sea to Summit Thermolite Reactor Extreme X 1
<input type="checkbox"/> GSI Cathole Trowel X 1	<input type="checkbox"/> Exped Sit Pad X 1	<input type="checkbox"/> Belkin BoostCharge USB-C Portable Charger 10000mAh-Power Bank X 1
<input type="checkbox"/> Toilet Paper X 10 sheets per day	<input type="checkbox"/> Actionsports Anchor Wrist Teather X 1	<input type="checkbox"/> Sea to Summit Aeros Premium Pillow X 1
<input type="checkbox"/> Hand Sanitiser X 50 ml	<b>Safety/Navigation</b>	
<input type="checkbox"/> Sea to Summit Airlite Towel Medium X 1	<input type="checkbox"/> Sea to Summit 1.5 L Dry Bag X 1	
<input type="checkbox"/> Nail clippers X 1	<input type="checkbox"/> Suunto A-30 Compass X 1	
<input type="checkbox"/> Decor Go - Reusable Snack Bag 250ML X 1	<input type="checkbox"/> Garmin GPSMAP 66i Handheld Hiking GPS & Satellite Communicator X 1	
<input type="checkbox"/> Washing kit Chux X 1	<input type="checkbox"/> Sea to Summit 1.5 L Dry Bag X 1	
<input type="checkbox"/> Washing kit Teatree Oil X 15ml		