

HIGH ALTITUDE DAY HIKING KIT LIST

In addition to the normal hiking clothing such as shirts and shorts (preferably made from wicking materials) and good hiking boots or shoes (and gaiters), clients should also have a day pack large enough to fit the following items:

Passports
Warm jacket (fleece or equivalent)
Warm long pants (fleece or equivalent)
Windproof and waterproof jacket
Rain suit
1 liter water bottle
Beanie or balaclava (warm hat)
Gloves
Sun hat
Sun block
Food items enough for the day
Personal medications
Sunglasses
Camera
Binoculars (optional)
Passport (if hiking over the Lesotho border)

Hiking stick(s) (optional)

Whistle (**HELP CALL: S.O.S. three short blasts, three long blasts, three short blasts**)

NB All clothes not being worn should be wrapped in garbage bags to keep them dry and all items that may be damaged or rendered inoperable by water should be placed in Ziploc bags.

There is no such thing as a waterproof rucksack!