



SHORT HIKE CHECKLIST

Always consult the specific hiking trail's website or information office for suggestions/requirements with regards to what you will need for your chosen trail.

- Comfortable Apparell**
- Hiking Shoes**

Season Dependent

- A warm/waterproof jacket
- Hat
- Sunglasses
- Spare socks

First Aid & Emergencies

- Basic First Aid Kit (1 -2 people)
- Charged phone
- Torch or headlamp
- Powerbank
- Emergency contact details
- Personal medication

Food & Beverages

- Snacks (High Protein)
- Water (Minimum 2L)

Hygiene

- Sunblock
- Tissues / Toilet paper



Safety

- Map of the area or hiking trail.
- Check the weather.
- Remember to inform people/ family / friends of where you are going in case of an emergency.
- A minimum hiking group of 2 - 3 is recommended.

Use this as a guide to start ticking off the items you need for your next hiking trip.



REMEMBER

Our checklist is **per person** on a hike.



Pack according to the amount of people within your hiking group!

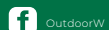
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DISCLAIMER: The information provided in this checklist is intended to serve as a guideline only and does not claim to be a definitive list of everything you will need, therefore Outdoor Warehouse and its staff accept no liability for a camper's preparedness or lack thereof. E&OE.



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Choosing The Ideal Hiking Shoes

Finding the right brand and type of hiking shoe is crucial.

- For beginners, we recommend a low cut, mid or high boot for sufficient ankle support and additional strength to endure extra weight.
- Make sure that both shoes, left and right, fits comfortably. Feet usually expand while running, choosing half or one size up might be in your favour.
- Walks around your house, the workplace, stores and of course hiking will assist in “breaking in” your new shoes.



Front-to-back

1. Fit your correct sock combination with your unfastened boot.
2. Then stand up and press toes to the front of your hiking boot
3. There should be space to slip your finger in between your heel and back of the boot.

Side-to-Side

1. Lace up your boots with heels placed into the cape.
2. Your feet should feel comfortable across the ball, instep and heel area of the footwear with arch support.
3. Wobble your toes to ensure snug fit.

Width

Alter the volume with a “custom fit system foot-bed” for a better fit by lowering the arch to prevent footwear from being loose or raising the arch for a more compressed fit.

For internal footwear control, insert a comfortable instep that will keep your foot from sliding forward



Listen To Your Feet.

Your selected hiking boots should allow your toes to wiggle around while having a snug fit.

To increase comfortability and avoid blisters, you can wear 2 pairs of socks, preferably a thinner lining underneath a thicker technical hiking sock.