

# MILFORD TRACK PACKING LIST

<p><b>ESSENTIALS</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Waterproof jacket</li><li><input type="checkbox"/> Waterproof trousers</li><li><input type="checkbox"/> Boots/trail runners</li><li><input type="checkbox"/> Sturdy backpack (40-60L)</li><li><input type="checkbox"/> Waterproof backpack cover</li><li><input type="checkbox"/> Sleeping bag</li><li><input type="checkbox"/> Pillow</li><li><input type="checkbox"/> Water bottle/bladder (1-2L)</li><li><input type="checkbox"/> Waterproof bags (eg. ziplocks)</li></ul>	<p><b>TOILETRIES</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Toothpaste</li><li><input type="checkbox"/> Toothbrush</li><li><input type="checkbox"/> Deodorant/baby wipes</li></ul>
<p><b>CLOTHES</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> x4 Underwear</li><li><input type="checkbox"/> x2 Hiking socks</li><li><input type="checkbox"/> x5 Pairs of normal socks</li><li><input type="checkbox"/> x1 Jumper</li><li><input type="checkbox"/> x2 Long-sleeved tops</li><li><input type="checkbox"/> x2 T-shirts/strappy top</li><li><input type="checkbox"/> x2 Trousers/shorts/leggings</li><li><input type="checkbox"/> x1 Night clothes</li></ul>	<p><b>MISCELLANEOUS</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Basic first aid kit with lots of plasters</li><li><input type="checkbox"/> Head torch</li><li><input type="checkbox"/> Bin bags</li><li><input type="checkbox"/> Insect repellent</li><li><input type="checkbox"/> Camera</li><li><input type="checkbox"/> Spare battery</li><li><input type="checkbox"/> Hut and boat tickets for the hike</li><li><input type="checkbox"/> DOC Milford Track small guide</li><li><input type="checkbox"/> Debit/credit card and some notes</li></ul>
<p><b>EATING</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> x 9-12 Meals</li><li><input type="checkbox"/> x4 Days of snacks</li><li><input type="checkbox"/> Spoon/knife/fork</li><li><input type="checkbox"/> Cooking pot</li></ul>	<p><b>USEFUL ADDITIONS</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Extra clothes</li><li><input type="checkbox"/> Light shoes/flip flops</li><li><input type="checkbox"/> Pack of cards/book</li><li><input type="checkbox"/> Mobile phone</li><li><input type="checkbox"/> Towel</li><li><input type="checkbox"/> Ear plugs</li><li><input type="checkbox"/> Plates/mug</li><li><input type="checkbox"/> Cooking stove and fuel</li><li><input type="checkbox"/> Toilet roll</li><li><input type="checkbox"/> Swimwear</li></ul>