Stappers Pak lys . Hikers pack list.

Afhangend van die tipe stap (Dagstap/Basiskamp sirkel/Rugsak oornagstap of Wildernisstap, gaan jy meer of minder van die items benodig. Pas gerus ook aan vir jou eie smaak en gerief.

Based on the typ eof hike (Dayhike/basecamp/circle route/backpack, you change the items as needed.

Basies / Basic			Nota / Notes
Rugsak – Oornag sak 65+Liter		Backpack-Overnight 65+Liter	
Dagsak		Daypack	
Binnesak vir rugsak		Packliner	
Ruksak oortreksel		Backpack Cover	
Tent / Pale / Penne		Tent / Poles/ Pegs	
Slaapsak		Sleeping bag	
Slaapsak-Binnesloop		Sleeping bag liner	
Geslotesel / Opblaasmatras		Closed cell / Air mat	
Grondseil		Groundsheet	
Stapkussing		Hiking pillow	

Toiletware / Toiletries			
Toilet papier (waterdig verpak)		Toilet paper	
Grafie		Trowel small	
Tandeborsel		Toothbrush	
Tandepasta		Toothpaste	
Deodorant		Deodorant	
Seep		Soap	
Shampoo		Shampoo	
Handoek		Hikers towl & Facecloth	
Insek (muskiet) weerder		Insect repellent	
Sonblok		Sun block	
Lipsalf		Sunscreen lipsalve	
Spieëltjie		Mirror	
Voetpoeier		Foot & Baby Powder	
Kam / Borsel		Hair bruch/comb	
Draagbare stort		Portable shower	
Kontaklense / oplossing		Contact lence case/solution	

Kos en Kook / Food and Cooking			
Stapstofie		Hiking stove	
Kastrolle (vir o.a. Waterkook)		Hiking pots	
Kastrol Klem		Pot Grips	
Bord / Papbakkie		Dish/plate	
Mes, vurk , Lepel		Knife, fork,spoon set	
Spaar gassilinder / brandstof		Hiking gas canisters	
Vuurhoutjies / Aansteker		Matches (waterproof)/Lighter	
Vuuraanstekers		Firelighters	
Waterbottel (ten minste 2L) of Blaas		Water botle (at least 2L) or bladder	
Beker		Mug / cup	
Blikoopmaker (deel van sakmes?)		Can opener (part of pocket knife)	
Vullis sakke		Rubish bag	
Skottelgoedseep		Washup soap (biodegradeble)	
Was / Skuursponsie		Scouring pad	
Afdroog vadoek		Drying-up cloth	
Warmfles (vir vinnige tee op die pad)		Water flask (for quick tee on route)	

Klere / Clothing			
T-Hemde		T-Shirts	
Kouse (Wol/katoen)		Hiking socks	
Onderklere		Underware	
Sweetpak (slaap)		Tracksuite	
Hoed (verkieslik wyerand)		Sunhat	
Wolmus / Bivakmus		Warmhat (fleece beanie or Balaclava)	
Trui		Warm jersey	
windbreker		Windproof jacket	
Reënbaadjie / ponsho		Waterproof rain jacket or poncho	
Stapskoene		Hiking Boots	
Ekstra skoenrieme		Laces (spare)	
Plakkies		Sandals for overnight/rivercrossing	
Kamaste		Gaiters (long for vegetation)	
Handskoene		Gloves / mittens	
Kort/Lang-mou hemp (liggewig)		Short- /long-sleeved shirt (lightweight, moisture managable fabric	
Afrits langbroek (liggewig)		Zip-off trousers (lightweight, moisture management fabric)	
Kort broek		Shorts	
Swemklere		Bathing costume	

Noodgevalle / Emergency

Noodkombers (foelie)		Space blanket (foil)	
Oorlewings sak (vir waterdigting)		Survival bag	
GPS / Kompas		GPS/Compass	
on (Verkieslik af, net vir noodgevalle)		Cellphone	
Tweerigting radio		Two-way radio	
Fluitjie		Whistle	
Spaar batterye/gloeilampies		Spare batteries /bulbs	
Multi gebruik sakmes		Multi-tool pocket knife	
Isolasie band		Duct tape	
Watersuiwerings tablette		Water purification tablets	
Park/eienaar/roete kontak nommers		Park/Owner/Route contact numbers	

Algemeen / General

Sneesies / Sakdoek		Tissues	
Roete en Pad kaart (akuraat)		Maps – Accurate	
ID Dokument en noodkontak info		ID document and important contach detail	
Medic Alert hangertjie / armband		Medic alert bracelet	
Geld (kontant)		Cash	
Paspoort(Geldig) / Visas		Passport / visas	
Inenting sertifikate		Vaccination certificates	
Permit		Permits	
Roete Brosjure / gids / veldgidse		Brochure / trail guide / fieldguide	
film / geheukaart / gelaaide batterye		Camera / film / Memorycard / Battties (cahrged)	
Verkyker		Binoculars	
Bril / kontaklense en benodighede		Spectacles and sunglasses	
Stapstok/kierie		Hiking poles	
kan ook deel van noodhulpstel wees)		Needle & thread	
Pen / potlood / papier		Pen / pencil / paper	
Waterdigte sakke (Ziplock?)		Waterproof bags (for keys/cellphone/cameras...)	
Flits & Batterye		Headlamp or torch	
Kerse		Candles	
Kabel binders		Cable ties	
Tou		Rope	
Karabeners		Carabiners	
Horlosie		watch	

Noodhulp / First Aid

Pleisters en rolverband		Plasters, Bandages, gauze	
Watte		Moleskin dressings for blisters	
Sonbrandolie		Sunburn lotion	
Tweezer		Scissors and tweezers	
Chirurgiese handskoene		Surgical gloves	
Haakspelde		Safety pins	
Rekkies		Rubber bands	
Persoonlike medikasie		Personal medications	
Malaria pille		Malaria tablets	
Hoofpynpille		Painkillers	
Antiseptiese middel		Antiseptic	
Antihistamien room / tablette		Antihismines	
Diarreemiddel		Anti-diarhdea	
Spier verslapper		Muscle relaxing ointment	
Anti-inflamitoriese jel		Anti-inflamatories	
Oogdruppels		Eye drops	
Termometer		Thermoeter	
Mecurocram		Mecurocram	
Naelknipper		Nail Clipper	

Net een stapper in die groep kan die noodhulp tassie saamdra.

Saamgestel uit Outdoorwarehouse checklist (WM) en verskeie stapboeke(MS) deur MS

Nomades(MS) : 2015/06, beskikbaar in Excel format.

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