

Pakkeliste - Overnatting



Tur utstyr

- Sekk
- Telt
- Hengekøye/Oppheng
- Thermotrekk
- Sovepose
- Liggeunderlag
- Hodelykt (batterier)

valgfritt:

- Turlampe
- Pute
- Myggnetting
- Tarp



Navigasjon

- Kart/GPS/Kompass
- Mobil



Klær/Fottøy

- Skalljakke
- Turbukse
- Ullgenser
- Ull sokker
- Ullundertøy
- Undertøy/Sokker
- Tursko
- Ekstra skift
- Shorts/ t-skjorte
- Fleece
- Lue/Hals/Votter

ekstra klær valgfritt:

- Regnklær
- Sandaler
- Fotposer



Tur Kjøkken

- Turkjøkken/Brensel
- Kokekar/Panner
- Tallerk/Skål
- Spork/Bestikk/Kopp
- Nedbrytbar såpe
- Oppvaskkum tur
- Vannbeholder (brettbar)
- Pose/Matbeholder(Dyr)



Mat og Vann

- Vannflasker/Camelback
- Vann 2 l
- Vannfilter (valgfritt)
- Måltider
- Kjapp energi snacks
- Energi pulver/Tabletter



Helse og Hygiene

- Antibac
- Tannkost/Tannkrem
- Sammenleggbare vaskefat
- Toalett-papir/Hundeposer
- Spade (valgfritt)
- Søppeposer



Beskyttelse

- Solkrem
- Solbriller
- Sportstape



Reperasjonsutstyr

- Gaffa teip strips
- Speider kniv/Multitool
- Tau biter/Ekstra tau



Nød utstyr

- Førstehjelpspakke
- Fløyte
- Fyrstikker/Lighter/Flint
- Gi beskjed hvor du skal
- Nødlader/liten nødlader



Tur ekstra

- Tursekk sammenleggbare
- Kamera/GoPro
- God bok
- Kort/Spill
- Badetøy/Håndkle
- Picnic Teppe

NOTATER

Checklist - Backpacking



Backpacking Gear

- Backpack
- Tent
- Hammock/Strap set
- Thermocover
- Sleepingbag
- Sleeping Pad
- Headlamp (Batteries)

optional:

- Hikelamp
- Pillow
- Mosquito net
- Tarp

Navigation

- Map/GPS/Compass
- Mobile

Clothes/Footwear

- Shell Jacket
- Hike pants
- Woll Sweater
- Wool Socks
- Wool Underwear
- Underwear/Socks
- Hike Shoes
- Change of Clothes
- Shorts/T-Shirt
- Fleece
- Wool Cap/
- Neckwarmer/Gloves

optional extra clothes:

- Rainclothes
- Sandals
- Shoebags

Camp Kitchen

- Hike Kitchen/Fuel
- Pots/Pans
- Plate/Bowl
- Spork/Cutlery/Kopp
- Biodegradable Soap
- Wash Basin Foldable
- Watertank(foldable)
- Bags/Food Box(Animals)



Food and Water

- Water Bottles/Camelback
- Water 2 l
- Waterfilter (optional)
- Meals
- Quick Energy Snacks
- Energy powder/Tablets



Health and Hygiene

- Antibacterial Cleanse
- Toothbrush/-paste
- Washbasin (foldable)
- Toiletpaper/Doggybags
- Spade (optional)
- Trashbags



Beskyttelse

- Sunblock
- Sunglasses
- Sporttape

Reperation Kit

- Duct Tape Strips
- Scouts Knife/Multitool
- Rope bits/Extra rope



Emergency Items

- First Aid Pack
- Emergency Whistle
- Matches/Lighter/Flint
- Let others know route
- Emergency Battery



Backpacking Extras

- Foldable hike backpack
- Camera/GoPro
- A Good Book
- Cards/Games
- Swimwear/Microfiber Towel
- Picnic Blanket

NOTES