

# OUTDOORS CHECKLIST

ITEMS TO TAKE ON OR DO FOR YOUR WILD OUTING



## Essential/Survival

## Equipment

Water Bottle

Camera

Water + Electrolytes

Monoscope/binoculars

Sunscreen

GPS

Sunglasses

Telescope

Hat / head wear

Other devices:

Insect repellent

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Weather updates

Water sports gear

- Snorkel Masks

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Winter sports gear

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## Clothing for Season

## Other

Shoes/boots

Backpack

Traction for boots

Towels

Thermals (socks, legins)

Frozen/cold treats

Moisture-wicking underwear

Vacuum flask of soup

Moisture-wicking clothing

Snacks

Scarfs, gloves

Fuel/tyres/travel checked

Jackets for weather

Reference books/maps

Layers: base, fleece, protect

Torch + batteries

Contacts:

*Use this as a guide. Personalise it as needed and keep handy for reference.*

YOU CAN USE MULTIPLE CHECKLISTS. FOR CHILLY WEATHER HAVE USED: BLUE. FOR HOT: BROWN.