

Arangieskop packing list

Per Person - 2 nights (3 days)

Snacks

Energy bars	4
Sweets (assorted)	2 small bags
Trail mix	2 sachets
Biltong	2 small bags
Peanuts & raisins	2 sachets

Checked

Hydration

Game	2 sachets
Rehydrat	2 sachets

Suppers [2]

Vacuum sealed steaks	2
Veggies	2 pkts
Cooking oil	50ml
Tea & coffee	2 bags / sachets
Salt & pepper	2 small pkts
Instant vanilla custard & ginger biscuits x2	2 sachets (200ml)

Breakfasts [2]

Thrive Cereal sachets	4 x 50g
Tea	6 bags
Sweeteners	1 dispenser
Condensed milk	1 small container

Lunches [2]

Tuna	2 sachets
Cheese wedges	4 (x16g)
Provitats	8 pieces

Clothes

Light shirt (long & short sleeve)	2
Hat / peak cap	1
T-shirts	2
Undershorts	2
Shorts	2
Tracksuit pants	1
Hiking shoes (must be well worn in)	1 pair
Extra set of comfortable shoes / slip slops	1 pair
Sunglasses	1 pair
Socks (hiking)	2 pairs
Gloves	1 pair
Warm fleece top	1
Down type jacket	1
Buff	1
Beanie	1
Rain Jacket	1

Camping Equipment

Sleeping bag	1 (1.5kg)
Towel (hiking)	1 (290g)
Matches	1 box
LED Torch	1
Water bottle	2 (750ml)
Backpack	1 (1.5kg)

Cooking

Camping Pot (aluminium)	1
Knife	1
Spork (Fork + Spoon)	1
Collapsible bowl	1
Cup	1

Cleaning

Dish cloth	1
Sponge	1
Dish washing liquid	200ml

Toiletries

Toilet roll	1 (133g)
Shampoo (little bottle)	1
Soap (small)	1
Toothbrush	1
Toothpaste	1
Sun tan lotion	1
Medication (Personal)	1

Other

Cable ties (selection of sizes)	10
Backpack waterproof insert (red)	1
Duct tape	1 small roll
Firelighters (+ fireballs)	6
Super Glue	1 tube
Gas stove	1
Gas canisters	2
Blow torch	1
Camping kettle	1
First Aid Kit	1
Digital Camera	1
Garmin handheld GPS	1
Spare batteries for GPS	2 (size AA)
Cell phone	1
Power bank (for cell phone) & charger	1
Rope (3m)	1
Head torch	1
Emergency Bivy bag	1
Trekking pole	1
Emergency Whistle	1