

# FISH RIVER CANYON HIKE INVENTORY

Per Person - 5 nights (6 days)

<b>General</b>	<b>Unit</b>
Passport	1
Canyon map *optional (Slingsby)	1
Medical Certificate	1
Written Undertaking	1
Cash	R1000

<b>Snacks</b>	<b>Unit</b>
Energy bars	6 (30g)
Snack packs/Trail mix	6 pkts (50g)
Rehidrat	6 sachets (14g)
Game	3 sachets

<b>Suppers</b>	<b>Unit</b>
Ready-made meal sachets/equivalent	5 sachets
Dried Veggies	5 sachets
Cooking oil	250ml
Tea	5 bags
Salt	5 small pkts
Hot Chocolate	3 sachets (25g)

<b>Breakfasts</b>	<b>Unit</b>
Cereal bar / Muesli sachets	6 (30g)
Oat so Easy	6 sachets (50g)
Condensed milk	1 bottle
Tea	6 bags

<b>Lunches</b>	<b>Unit</b>
Provitax	24 pcs
Cup a soup	3 sachets (20g)
Cheese wedges	6 (15g)
Tuna	6 sachets (95g)
Sweets (assorted)	3 pkts(55g each)

<b>Clothes</b>	<b>Unit</b>
Light shirt (long sleeve)	2
Hat/cap	2
Undershorts	2
Shorts	2
Tracksuit pants/leggings	2

Hiking shoes (must be well worn in)	1 pair
Sunglasses	1 pair
Rockies (night & water crossings)	1 pair
Socks (hiking)	3 pairs
Polar fleece top (thin)	1
Buff	1
Beanie	1
<b><u>Camping Equipment</u></b>	
Sleeping bag	1 (1.5kg)
Towel (hiking)	1 (290g)
Bungee cords	2
Groundsheet	1
Matches	1 box
Rucksack covers (built in)	1
LED Torch	1
Head torch (+spare batteries)	1
Water bottle	2 (750ml)
Backpack	1 (1.5kg)
Mozzie repellent (Tabard)	1
Rope 3m	1
<b><u>Cooking</u></b>	
Gas cooker	1
Gas cylinder (410 g)	2
Pot set (aluminium lightest)	1 pot
Knife (sharp)	1
Spork	1
Teaspoon (plastic)	1
Collapsible bowl	1
Cup	1
<b><u>Cleaning</u></b>	
Dish cloth	1
Basin *optional	1
Sponge	1
Dish washing liquid (biodegradable)	200ml
<b><u>Toiletries:</u></b>	
Toilet roll	1 (133g)
Shampoo (biodegradable)	1
Soap (biodegradable)	1

Toothbrush	1
Toothpaste (biodegradable)	1
Sun tan lotion	1
Medication (See First Aid Kit)	1
<b>Other:</b>	
Cable ties (selection of sizes)	5
Plastic spade	1
Backpack waterproof inner	1
Tent (2 person hiking) *optional	1 (1.6kg)
Duct tape	1 small roll
Firelighters (fireballs)	3
Super Glue	1 tube
Handheld GPS (+spare batteries)	1
Digital camera	1
Emergency whistle	1
Power bank	1
Hiking pole	1
Emergency bivvy bag	1