



Junior Mountaineers Club

Pack List

A. for each skills training and each hike

On body / in pockets

1. good shoes
2. appropriate hiking clothes
3. pocket knife
4. clean handkerchief
5. triangle cloth
6. whistle
7. fire steel
8. cap

Backpack

1. backpack
2. water, minimum 2 liters
3. tarp
4. extra T-shirt
5. snacks (energy bars, etc.)
6. rain jacket
7. sun lotion
8. reusable mess kit (bowl, spoon, fork)

B. in addition for Multiple Day activities (camping)

1. sleeping mat
2. torch light (preferably headlamp)
3. extra T-shirt, trousers, socks
4. mosquito repellent
5. tooth brush & tooth paste