



Trekking Gear List

This list has been developed from years of personal experience.

PERSONAL

First Aid and Essentials:

- Cut-off toothbrush and squeezed out paste in a ziplock bag
- Sun-cream/moisturizer mini
- Comb
- Glasses (optional)
- Sun-glasses
- Plasters
- Sterile pads
- Bandages (horse/human)
- Painkillers
- Savlon
- Anti-bacterial spray for horses
- Bute for horses
- Vet wrap and iodine wash
- Insect repellent for horse (wee bottle and sponge)
- Spare batteries
- Candles and waterproof matches (matches also included under Food Gear below)

Wear:

- Riding pants
- Padded Bike pants underneath to prevent sore bum (optional!)
- 2 tees, polo neck if you want to keep sun off your neck
- Warm sweater, tied around waist
- Socks
- Chaps
- Boots
- Helmet or other (we adapt our helmets with a sun hat brim)

Have nearby:

I roll swanni, parka and overtrousers with gloves and hats in the pockets, then tie on the front of my saddle for quick easy access.

- Swandri
- Woolly hat
- Gloves
- Waterproof parka or Drizabone
- Waterproof overtrousers

Carry spare in waterproof bag:

- Poplyprop leggings
- Top
- Gloves
- Balaclava
- Underwear
- Spare socks

Carry in a bum bag:

- EPIRB or PLB (Personal Locator Beacon). IMPORTANT – see [High Country Trekking Safety](#)
- Headlamp and spare batteries
- Camera
- Maps
- Chapstick
- Insect repellent
- Snacks for you and treats for your horse
- First aid (as above)

FOOD AND GEAR**Cooking gear:**

- Pot scrub and detergent squeezed into a zip-lock bag
- Bowl or plate
- Sharp knife, fork, spoon
- Cup (good tied onto saddle for lunchtime drinks from the river)
- Matches-waterproof
- Cooker
- Fuel

Food:

This my personal food list – I tend to travel light, but others will share their ideas with you. It depends on how long the trip or if you have a pack horse.

- Oats and salt or muesli for breakfast
- Tea and fancy coffee for a treat
- Miso or other cup-of-soup sachets
- Wraps and celery, hummus and cheese etc for lunch
- Dinner for each night (dry or fresh, depends on trip)
- A wee tipple
- Biscuits
- Emergency food pack for 1 or 2 days more than you are needing – just in case

Sleeping:

- Warm sleeping bag and liner
- Waterproof bed roll or light bivvy bag
- Ground pad
- Tent (optional – see page on [Huts and Paddocks in St James](#))

Multi day treks:

- Bolt cutters for emergency
- Fold up saw

On your horse:

- Saddle and thick pads
- Bridle
- Collar or halter
- Tether rope (at least 8 foot)
- Fly cover (optional)
- Long rope for high tying if there are no paddocks (see [Huts and Paddocks in St James](#)).

For further ideas on trekking gear, see Tony Stead's descriptions on <http://www.canterburyhorsetrailriders.org/trekking-gear.html>

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February 2017