



Hamilton
Tramping Club

PO Box 766
Hamilton

NOTES TO NEW TRAMPERS

What to take on a day trip

On a fine day you may think you don't need a raincoat or parka. Don't be fooled, even if it doesn't rain, you may need it to keep out of the wind on an exposed ridge. We have prepared the following list to help you prepare for your next day tramp.

- **Day Pack**, to carry the following items
- **Lunch, snacks** – be generous and tasty.
- **Drinking water** (in an unbreakable bottle) at least 1.5 litres / 2 pints.
- **Raincoat or parka**, with a hood or separate rain hat.
- **A torch** - just in case (with batteries).
- Small personal **first aid kit** with plasters etc – especially any special medication.
- **WINTER:** Woolly hat, mittens/gloves, thermos, warm jersey.
- **SUMMER:** Sun hat, sun cream, sunglasses, shorts.

In summer you tend to drink more so take enough. Take plain water rather than juice.

Leave a spare change of clothing in the van. If you arrive back at the van soaking wet, and there is a 3 hour drive back to Hamilton, you will be pleased you remembered this.

When you book in on a trip ask the Trip Leader for:

- More details. Details given in the trip programme are in outline only.
- Any special requirements or extras you may need to take along?
- Do let the trip leader know if you are currently taking any medication, or recuperating from an illness, they need to be aware of this just in case anything goes wrong...