

HIKE THE NIGHT FOR HOMELESS YOUTH



Everything you need to HIKE THE NIGHT

You've set yourself the challenge and signed up for this adventure. Now you need to know what to bring. Follow this handy guide to make sure you're all set for the night. Don't forget to pack anything extra that you might need for your individual circumstances.

MOBILE PHONE

Please make sure at least 1 team member is on the Telstra or Optus network, as some other networks have patchy coverage in the area.

HEADTORCH

When comparing head torches, look for brightness (lumens) and battery life, as well as weight/comfort, as you'll be wearing it all night!

BATTERIES

Make sure you get the right ones for your head torch!

FIRST AID KIT

Our qualified first-aiders will have full first aid kits with them, but it's good to have a small kit of your own too! Thermal blankets (space blankets, emergency blankets) are available for about \$5-\$10 from most outdoor shops.

WALKING POLES

If you use them, bring them!

CLOTHES

The best recommendation we can make is LAYERS. The temperature could vary significantly over the night. Make sure you have something to keep you warm if it gets very cold, but are still able to strip off the layers if you're working up a sweat. Merino or polypropylene are good materials as they wick moisture- cotton will not keep you warm. Please also bring a rain jacket, whether or not rain is forecast.

FOOTWEAR

We recommend wearing a light trail shoe. This type of footwear should be comfortable, provide good grip and have some sole rigidity. Most importantly, you should be able to walk the expected distance without blisters or other issues. Otherwise sturdy runners, or well worn hiking boots are also good.

BAGS

A plastic pocket to keep your map in if rain is forecast. A small backpack that can carry a waterbottle. Bring a wet bag for any clothes that are dirty or wet.

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We Are Hiking The Night
For Homeless Youth