



# Winter Multi Day Hike Checklist

In need of expert advice on which products to choose for an upcoming multi day hike? Drop us an email via our website on [info@firstascent.co.za](mailto:info@firstascent.co.za) and one of our product experts will get in touch to assist you.



## BASELAYERS

- Bamboo Baselayer Top
- Bamboo Baselayer Long Johns



## FLEECE

- Men's Finn Fleece 1/4 Zip Top
- Ladies Finn Fleece 1/4 Zip Top



## FOOTWEAR

- Waterproof Hiking Boots



## ACCESSORIES

- Gloves
- Headlamp
- 1L Water Bottle
- Gaiters
- Fleece Beanie
- Mosquito Repellent



## GEAR

- Jupiter II 65L + 10 Hiking Ruck Sack
- Trekking Poles
- Helio 2 Person 4 Season Hiking Tent
- Ice Breaker Down Sleeping Bag



## INSULATING LAYER

- Men's Transit Down Jacket
- Ladies Transit Down Jacket



## WATERPROOF

- Vapourstretch Rain Jacket
- Submerge Rain Jacket
- Rucksack Poncho



## HIKING SHIRT

- Men's Nueva Long Sleeve Shirt
- Ladies Luxor Long Sleeve Shirt



## TROUSERS

- Men's Utility Hiking Pants
- Ladies Trip Zip Hiking Pants



## FOOD

- Energy bars/Trail Mix



## FIRST AID

- First Aid Kit