

Hiking Equipment

If you are planning a hike, it is important to have the proper hiking gear. Take equipment according to your personal need and the nature of the activity. The checklist below is provided for reference.

-  **Backpack**
 - Place light items at the bottom, heavier items in the middle, and the heaviest ones on the top. Put less frequently used items first and frequently used ones on the sides. Be sure weight is equally balanced on each side. It should not exceed one third of your body weight. The maximum weight is 40lb.
-  **Hiking shoes**
 - Wide toe box hiking shoes with deep and thick lugs on outsole are preferable.
-  **Socks**
-  **Shirt**
 - Wear sun protective/moisture-wicking/breathable long-sleeved shirt with collar to avoid sunburn on your arms and the back of your neck.
-  **Trousers**
 - Sun protective/moisture-wicking/breathable loose-fitting trousers are preferable.
-  **Towel/cooling towel/ arm sleeves**
-  **Outer garments & windproof jacket/rain jacket**
-  **Hat, sunglasses, umbrella, gloves**
-  **Spare clothing**
-  **Hiking stick**
-  **Compass & map (countryside series published by the Lands Department)**
-  **Illumination device**
-  **Whistle**
-  **Food & emergency food: Bring portable and conveniently packaged food with high calories, e.g. glucose, raisins, and other high energy food.**
-  **Water bottle & water (drinking water refilling stations in Country Parks)**
-  **Personal drugs & first aid supplies**
-  **Sunscreen and Anti-mosquito product**
-  **Mobile phone & battery/charger & charging cable**
-  **Watch**