



Adventure Day Packing Checklist

Use this checklist with the operator's activity-specific kit list. Agree water needs and refill arrangements before leaving.

01 Water & food

- ☐ Drinking water for the activity and conditions
- ☐ Food and snacks; agreed refill or treatment plan

02 Clothing & protection

- ☐ Suitable footwear and protective clothing
- ☐ Sun hat and sunscreen
- ☐ Warm or waterproof layers as appropriate

03 Personal needs & essentials

- ☐ Personal medication and relevant medical information
- ☐ Charged phone; navigation and emergency kit as advised

04 Before you leave

- ☐ Confirm meeting time, duration and physical demands
- ☐ Share plans where appropriate
- ☐ Know how plans may change and follow the guide's briefing

Tell your operator about relevant needs. Speak up early if you feel unwell.

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General educational guidance. Activity-specific decisions remain the responsibility of the relevant operator and competent personnel.

Sources: Wilderness Search and Rescue (WSAR); South African National Parks

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