

Rogaining checklist:

to wear:	more day pack stuff:	for afterwards:
walking shoes walking socks gaiters shorts shirt hat	bandages swiss army knife watch whistle compass vaseline leukoplast sun cream	clean socks clean underwear clean t-shirt clean jumper jeans / track suit pant towel
day pack:		to eat:
thermals jumper japara pants rain jacket glucose tablets electrolyte powder Food water bottle	pencil spare pencil contact lens stuff glasses toilet paper deep heat knee/ankle braces savlon	plate bowl cup cutlery
	sleeping:	preparation/other:
head lamp spare batteries spare globes	pillow sleeping bag sleeping mat tent	plastic bags (for dirty stuff) directions (to the event!) table chairs contact plastic highlighter pens