

## Rogaining checklist:

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