

Handskoene	<input type="checkbox"/>	Gloves / mittens	<input type="checkbox"/>
Kort/Lang-mou hemp (liggewig)	<input type="checkbox"/>	Short- /long-sleeved shirt (lightweight, moisture managable fabric)	<input type="checkbox"/>
Afrits langbroek (liggewig)	<input type="checkbox"/>	Zip-off trousers (lightweight, moisture management fabric)	<input type="checkbox"/>
Kort broek	<input type="checkbox"/>	Shorts	<input type="checkbox"/>
Swemklere	<input type="checkbox"/>	Bathing costume	<input type="checkbox"/>

Noodgevalle / Emergency

Noodkometers (foelie)	<input type="checkbox"/>	Space blanket (foil)	<input type="checkbox"/>
Oorlewings sak (vir waterdigting)	<input type="checkbox"/>	Survival bag	<input type="checkbox"/>
GPS / Kompas	<input type="checkbox"/>	GPS/Compass	<input type="checkbox"/>
foon (Verkieslik af, net vir noodgevalle)	<input type="checkbox"/>	Cellphone	<input type="checkbox"/>
Tweerigting radio	<input type="checkbox"/>	Two-way radio	<input type="checkbox"/>
Fluitjie	<input type="checkbox"/>	Whistle	<input type="checkbox"/>
Spaar batterye/gloeilampies	<input type="checkbox"/>	Spare batteries /bulbs	<input type="checkbox"/>
Multi gebruik sakmes	<input type="checkbox"/>	Multi-tool pocket knife	<input type="checkbox"/>
Isolasie band	<input type="checkbox"/>	Duct tape	<input type="checkbox"/>
Watersuiwerings tablette	<input type="checkbox"/>	Water purification tablets	<input type="checkbox"/>
Park/eienaar/roete kontak nommers	<input type="checkbox"/>	Park/Owner/Route contact numbers	<input type="checkbox"/>

Algemeen / General

Sneesies / Sakdoek	<input type="checkbox"/>	Tissues	<input type="checkbox"/>
Roete en Pad kaart (akuraat)	<input type="checkbox"/>	Maps – Accurate	<input type="checkbox"/>
ID Dokument en noodkontak info	<input type="checkbox"/>	ID document and important contact detail	<input type="checkbox"/>
Medic Alert hangertjie / armband	<input type="checkbox"/>	Medic alert bracelet	<input type="checkbox"/>
Geld (kontant)	<input type="checkbox"/>	Cash	<input type="checkbox"/>
Paspoort(Geldig) / Visas	<input type="checkbox"/>	Passport / visas	<input type="checkbox"/>
Inenting sertifikate	<input type="checkbox"/>	Vaccination certificates	<input type="checkbox"/>
Permit	<input type="checkbox"/>	Permits	<input type="checkbox"/>
Roete Brosjyre / gids / veldgidse	<input type="checkbox"/>	Brochure / trail guide / fieldguide	<input type="checkbox"/>
sa / film / geheukaart / gelaaiide batterye	<input type="checkbox"/>	Camera / film / Memorycard / Batties (charged)	<input type="checkbox"/>
Verkyker	<input type="checkbox"/>	Binoculars	<input type="checkbox"/>
Bril / kontaklense en benodighede	<input type="checkbox"/>	Spectacles and sunglasses	<input type="checkbox"/>
Stapstok/kierie	<input type="checkbox"/>	Hiking poles	<input type="checkbox"/>
(kan ook deel van noodhulpstel wees)	<input type="checkbox"/>	Needle & thread	<input type="checkbox"/>
Pen / potlood / papier	<input type="checkbox"/>	Pen / pencil / paper	<input type="checkbox"/>
Waterdigte sakke (Ziplock?)	<input type="checkbox"/>	Waterproof bags (for keys/cellphone/cameras...)	<input type="checkbox"/>
Flits & Batterye	<input type="checkbox"/>	Headlamp or torch	<input type="checkbox"/>
Kerse	<input type="checkbox"/>	Candles	<input type="checkbox"/>
Kabel binders	<input type="checkbox"/>	Cable ties	<input type="checkbox"/>
Tou	<input type="checkbox"/>	Rope	<input type="checkbox"/>
Karabeners	<input type="checkbox"/>	Carabiners	<input type="checkbox"/>
Horlosie	<input type="checkbox"/>	watch	<input type="checkbox"/>

Noodhulp / First Aid

Pleisters en rolverband	<input type="checkbox"/>	Plasters, Bandages, gauze	<input type="checkbox"/>
Watte	<input type="checkbox"/>	Moleskin dressings for blisters	<input type="checkbox"/>
Sonbrandolie	<input type="checkbox"/>	Sunburn lotion	<input type="checkbox"/>
Tweezer	<input type="checkbox"/>	Scissors and tweezers	<input type="checkbox"/>
Chirurgiese handskoene	<input type="checkbox"/>	Surgical gloves	<input type="checkbox"/>
Haakspelde	<input type="checkbox"/>	Safety pins	<input type="checkbox"/>
Rekkies	<input type="checkbox"/>	Rubber bands	<input type="checkbox"/>
Persoonlike medikasie	<input type="checkbox"/>	Personal medications	<input type="checkbox"/>
Malaria pille	<input type="checkbox"/>	Malaria tablets	<input type="checkbox"/>
Hoofpynpille	<input type="checkbox"/>	Painkillers	<input type="checkbox"/>
Antiseptiese middel	<input type="checkbox"/>	Antiseptic	<input type="checkbox"/>
Antihistamien room / tablette	<input type="checkbox"/>	Antihistamines	<input type="checkbox"/>
Diarreemiddel	<input type="checkbox"/>	Anti-diarrhea	<input type="checkbox"/>
Spier verslapper	<input type="checkbox"/>	Muscle relaxing ointment	<input type="checkbox"/>
Anti-inflamatoriese jel	<input type="checkbox"/>	Anti-inflammatories	<input type="checkbox"/>
Oogdruppels	<input type="checkbox"/>	Eye drops	<input type="checkbox"/>
Termometer	<input type="checkbox"/>	Thermoeter	<input type="checkbox"/>
Mecurocram	<input type="checkbox"/>	Mecurocram	<input type="checkbox"/>
Naelknipper	<input type="checkbox"/>	Nail Clipper	<input type="checkbox"/>

Net een stapper in die groep kan die noodhulp tassie saamdra.

Saamgestel uit Outdoorwarehouse checklist (WM) en verskeie stapboeke(MS) deur MS

Nomades(MS) : 2012/01a, beskikbaar in Excel format op Nomades se webbladsy.