



Gear Checklist for Full Pack Walks

<i>Main Items</i>	<i>Tick</i>
<i>All items are mandatory</i>	
Backpack – 65+ litres [no smaller] & Waterproof Pack Cover	
Sleeping Bag [Down Fill only with a minimum of 700 loft to a comfort rating of -2 degrees or better] placed inside a waterproof dry bag	
Silk Sleeping bag liner – Sea to Summit Thermolite Reactor Best	
Sleeping Mat placed in a waterproof dry bay [Inflatable Thermo-rest Brand the Best]	
1 x Lightweight Long Sleeved Shirt [for sun protection]	
1 x Walking Shorts	
Lightweight walking trousers	
3 x Long Sleeved Thermal Tops – mid to heavy weight [Merino Wool]	
1 x Thermal Underwear [long legged made of merino wool]	
Down Jacket [long sleeve]	
Midweight to heavy Fleece Pullover	
3 x Pairs of Socks	
3 x Pairs of Underwear	
<i>Wet Weather Gear & Waterproofing</i>	
Waterproof Jacket, raincoat with hood. We recommend that your raincoat to be knee length and to be thoroughly waterproof and made of a gortex material or similar	
Waterproof Trousers	
Gaiters	
Dry Bags x 3 to put clothes PLUS full pack liner & a pack cover 1. Dry bags are waterproof bags [Sea to Summit brand best] to store your clothes, sleeping bag and mat in so that they don't get wet. 2. In addition you will also need a pack liner [large waterproof bag] that all the contents of your pack will fit into. 3. A pack cover is a waterproof cover that fits completely over the entire outside of your pack.	
<i>Footwear</i>	
Walking Boots – Ankle High [leather are more durable]	
Camp shoes – Crocks, runners or sandals	
<i>Additional</i>	
Sunhat with brim	
Beanie	
Gloves – [please bring for all seasons]	
Sunglasses	
Head Torch & Spare Batteries & Camera	
Drink Bottles and/or Camelback System [no less than 2 litres]	

Toiletries	
Toilet paper – in a waterproof zip lock bag	
Toothbrush & Toothpaste	
Wet Wipes for body wash [get a travel size pack, not jumbo size]	
Sunscreen & Lip Balm	
Hand Sanitizer Gel	
Lightweight Travel Towel [small]	
Medications [make sure you have enough]	
Optional	
Trekking Poles	
NOT RECOMMENDED – Books, Electronics, Cotton or Denim Clothing	

PLEASE NOTE

For overseas guests, our mountains in Tasmania may not be high compared to European standards, but the weather can be just as extreme as anywhere in the world.

You will have to be prepared for all weather extremes. You will be walking at alpine altitudes. We strongly suggest that you take all of the items on the above list.

If you are not sure of anything please call our office at least 7 days before your walk on 0400882742 to discuss your gear list. Should you **not** have the appropriate items, this will give you time to purchase them.