



Gear Checklist for Full Pack Walks

| Main Items | <i>Tick</i> |
|--|-------------|
| All items are mandatory | |
| 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 bag [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] | |
| Mid-weight to heavy Fleece Pullover | |
| 3 x Pairs of Socks [min] | |
| 3 x Pairs of Underwear [min] | |
| Wet Weather Gear & Waterproofing | |
| Waterproof Jacket, raincoat with hood. We recommend that your raincoat to be knee length and to be thoroughly waterproof and made of a gore-tex 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. | |
| Footwear | |
| Walking Boots – Ankle High [leather is more durable] | |
| Camp shoes – Crocks, runners or sandals | |
| Additional | |
| Sunhat with brim & Beanie | |
| Day Sack for side trips [lightweight stuff sack] | |
| Gloves – [please bring for all seasons] | |
| Sunglasses | |
| Head Torch & Spare Batteries & Camera | |
| Drink Bottles and/or Camelback System [no less than 2 litres] | |

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| 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 & Insect Repellent | |
| Extra zip lock bags for Sanitary Items [can't be disposed of in loo's] | |
| Lightweight Travel Towel [small] | |
| Medications [make sure you have enough and set an alarm to bring] | |
| 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.



FIND YOUR FEET

Find Your Feet in Hobart, Tasmania offer our guests a 20% discount on outdoor gear. They are the experts in what you will need for Tasmanian conditions. You can explore their range on:

www.findyourfeet.com.au

If there is something that you would like to purchase, don't order online, instead call them direct, quote our discount code **TasmanianHikes** and they can post the items to you.