

PACKING LIST

Specialist outdoors gear

We can loan you the following specialist gear for the trip:

- Hiking Backpack
- Tent (to be shared by 2 or 3 people)
- Sleeping bag
- Sleeping mat
- Bowl, mug and cutlery
- Rain jacket and rain pants
- Gaiters

These items are expensive so we ask for you to sign a consent form agreeing to take all reasonable care to protect the gear and pay for repairs or replacement for any gear you lose or damage.

If you wish to bring your own specialist gear you are welcome to. Your guides will check that it is of adequate quality for the trip and if your gear is deemed inadequate you will be asked to take Explore gear instead. We will store your personal gear securely until we return.

Personal items to bring on the trip

We also ask you to bring along:

- 1 roll of toilet paper
- Sturdy shoes or boots for walking (look for stability, tread and ankle support.)
- Personal drink bottle (1 litre minimum, empty soft drink bottles fine)
- Small torch
- Toothbrush and toothpaste
- Pen and a small bible if you have one
- 1 polarfleece or woollen jumper, not cotton
- base layer thermals: two tops and two bottoms – synthetic or woollen, not cotton
- 1 pair of shorts
- 1 or 2 t-shirts – synthetic or woollen, not cotton
- synthetic trousers/pants, not cotton or denim
- 2-3 pairs of wool or wool blend socks
- beanie
- gloves
- underwear
- sun hat
- Lightweight sandals /croc style shoes for campsite
- A small lightweight bag for day walking
- Personal medications - double set if critical for your health
- (If needed) women's personal hygiene products such as tampons and pads

Note: these must be carried out along with all other rubbish.

While cotton clothes might be nice and warm in town, they make you cold when they get wet. Items made of wool or synthetics such as polar fleece are a much better option for keeping warm in the wilderness as they will (generally speaking) keep you warm even when

wet. We have a limited number of boots, thermals and warm synthetic jackets that can be borrowed.

Optional extra items:

- Money for food on the way home - \$10 is sufficient (we might stop for an icecream or coffee)
- Baby wipes, one or two per day – these may help you keep clean as there are no showers
- Camera
- Swimwear and a small towel (hand towel or pack towel)
- Playing cards
- A lightweight book
- Very small personal first aid kit
- Personal sunscreen (group sunscreen provided)

We ask you to refrain from packing excess items that are not on this list. As we have to carry all of our supplies for multiple days, including food, stoves, pots, and first aid, we need to minimise the number of non-essential items that are weighing us down on the trip. If you have a particular luxury item that you would like to bring please speak to your guides about it before leaving for the trip.