

## WHAT EQUIPMENT TO BRING ON YOUR 16 DAY TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Larapinta Trail Trek.

		✓	✓
Day pack with waist harness (minimum 25L - 30L) and waterproof cover	Beanie		
Good quality reusable water bottles/ bladder (minimum 3L)	Swimmers and travel towel		
Walking shoes or boots	Head torch and spare batteries ( <b>essential</b> )		
Sunscreen	Prescription medicine		
Sun hat (preferably broad rimmed)	Insect repellent cream		
Sunglasses	Toiletries - biodegradable soap and waterless hand sanitiser gel		
Rain / windproof jacket with storm hood attached. We recommend waterproof breathable fabric (Gortex or equivalent membrane)	Personal first aid kit – incl. blister protection & hydralytes		
Warm jacket (down, polar fleece, synthetic)	Face washer		
Warm jumper - woolen or polar fleece /synthetic fibre	Fly head net		
Comfortable walking attire (not jeans or cotton). We recommend light weight, quick drying materials	A good book or two!		
Thermals - top and bottom (wool or synthetic)	Waterproof overpants (Gortex or equivalent membrane) - not essential but can be useful if wet <b>optional</b>		
Warm trousers to wear around camp	Garden style low cut gaiters <b>optional</b>		
Spare comfortable shoes or sandals to wear around camp	Camera <b>optional</b>		
Warm gloves	Binoculars <b>optional</b>		
<b>Table to be used as a guide only. Please contact us with any questions.</b>	Walking poles <b>optional</b>		