

## WHAT EQUIPMENT TO BRING ON YOUR 6 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
Sunscreen	Prescription medicine
Sun hat (preferably broad rimmed)	Insect repellent cream
Sunglasses	Toiletries - biodegradable soap and waterless hand sanitiser gel
Fly head net	Face washer
Rain / windproof jacket with storm hood attached. We recommend waterproof breathable fabric (Gortex, Millair, Hydronaught)	Personal first aid kit – incl. blister protection & hydralytes
Warm jacket (down, polar fleece, synthetic)	A good book or two!
Warm jumper - woolen or polar fleece /synthetic fibre	Waterproof overpants (Gortex, Millair, PVC coated nylon) - not essential but can be useful if wet <b>optional</b>
Comfortable walking attire (not jeans or cotton). We recommend light weight, quick drying materials	Gaiters <b>optional</b>
Thermals - top and bottom (polypropylene, wool, polyester powder dry, Daymart)	Camera <b>optional</b>
Warm trousers to wear around camp	Binoculars <b>optional</b>
Spare comfortable shoes or sandals to wear around camp	Walking poles <b>optional</b>
Warm gloves	
<b>Table to be used as a guide only. Please contact us with any questions.</b>	