

## WHAT EQUIPMENT TO BRING ON YOUR 9 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.

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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
Rain / windproof jacket with storm hood attached. We recommend waterproof breathable fabric (Gortex, Millair, Hydronaught)	Personal first aid kit – incl. blister protection & hydralytes
Fly head net	Face washer
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	Biodegradable baby wipes <b>optional</b>
<b>Table to be used as a guide only. Please contact us with any questions.</b>	