

## WHAT EQUIPMENT TO BRING FOR THE JATBULA TRAIL ADVENTURE

The following lists set out all the clothing and equipment you are required to bring for you to participate in this adventure. The gear check prior to your departure from the meeting area will ensure that you have covered all aspects of the required gear without over packing.

Depending on the quality and quantity of personal gear and toiletries, the average pack will weigh up to 15kg, including a portion of the group's food supplies.

**E** indicates essential item of equipment

**H** indicates available for hire

Clothing	Equipment
1 Woolen/Polar fleece jumper. Must be wool or synthetic fiber. <b>E</b>	Backpack 70-90 litre capacity <b>E, H (\$50)</b>
2 T-shirts/Long sleeve shirts	We provide light weight inflatable sleeping mat <b>E</b>
Walking trousers (not jeans) or walking shorts	We provide sleeping bag rated to 3 seasons <b>E</b>
Wool walking socks <b>E</b>	We provide inner sheet <b>E</b>
Sunhat <b>E</b>	We provide mosquito dome <b>E</b>
Underwear	Head torch with spare batteries and globe <b>E</b>
Thermals - top and bottom (polypropylene, wool, polyester powder dry, Daymart)	Combination of water bottles and water bladder minimum 3 litres <b>E</b>
Swimmers <b>E</b>	Towel
Warm hat/beanie <b>E</b>	We provide all catering equipment including cutlery, cups, plates, bowls <b>E</b>
Sunglasses	
	<b>Personal Toiletries and First Aid</b>
	Personal toiletries
<b>Footwear</b>	Sunscreen and lip balm <b>E</b>
Boots must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole (runners or sandals are not adequate). They must be well worn-in but not worn-out <b>E</b>	Personal first aid kit - blister protection
Sandals with straps or shoes for end of the day	Insect repellent cream
<b>Optional Equipment</b>	<b>Optional Equipment</b>
Camera	Walking poles
Pillow	A good book!
Binoculars	Maps
<b>Please contact us with any questions.</b>	Sock gaiters