

WHAT EQUIPMENT TO BRING ON YOUR KANGAROO ISLAND WILDERNESS TRAIL TREK

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

E indicates essential item of equipment

Clothing	Equipment
Rain / windproof jacket with storm hood attached. We recommend waterproof breathable fabric (Gortex, Millair, Hydronaute). E	Day pack with waist harness and waterproof cover. E
Waterproof overpants (Gortex, Millair, PVC coated nylon).	Head torch with spare batteries. E
Long sleeve thermal tops (polypropylene, wool, polyester power dry, Daymart). E	Sunglasses.
Long thermal pants (polypropylene, wool, polyester power dry, Daymart). E	Water bottles or water bladder - minimum 3 litres. E
T-shirts/Long sleeve shirts.	
Walking trousers/shorts (not jeans).	
Woollen/polar fleece jumper - wool or synthetic fibre. E	Personal Toiletries and First Aid
Walking socks - wool or thermal. E	Personal toiletries and prescription medication.
Warm beanie hat. E	Sunscreen and lip balm. E
Warm gloves. E	Personal first aid kit - blister protection. E
Sun hat. E	
Swimmers and travel towel - for a dip in the ocean!	
Casual clothing for evening.	Optional Equipment
	Camera.
Footwear	Binoculars.
Boots must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole. They must be well worn-in but not worn-out. E	Walking poles.
Spare comfortable shoes or sandals.	A good book or two!
	Maps.
	Sock gaiters.
Please contact us with any questions.	