

WHAT EQUIPMENT TO BRING ON YOUR SUPER 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.

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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 (essential)	
Sunscreen		Prescription medicine	
Sun hat (preferably broad rimmed)		Insect repellent cream	
Sunglasses		Toiletries - biodegradable soap and waterless hand sanitiser gel	
Face washer		Fly head net	
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 optional	
Comfortable walking attire (not jeans or cotton). We recommend light weight, quick drying materials		Gaiters optional	
Thermals - top and bottom (polypropelene, wool, polyester powder dry, Daymart)		Camera optional	
Warm trousers to wear around camp		Binoculars optional	
Spare comfortable shoes or sandals to wear around camp		Walking poles optional	
Warm gloves		Biodegradable baby wipes optional	
Table to be used as a guide only. Please contact us with any questions.			