



WHAT EQUIPMENT TO BRING ON YOUR TARKINE WILDERNESS TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Tarkine Rainforest Experience.

E indicates essential item of equipment

H indicates available for hire

Clothing	Equipment
Rain jacket with storm hood attached. Must be seam sealed waterproof breathable fabric (Gore-Tex, Millair or Hydronaute). We recommend mid thigh length with full front zip opening which must have a storm flap. E, included	Twin share standing tent E, included Single bed with mattress E, included
Waterproof over pants (Gore-Tex, Millair or PVC coated nylon) E, included	Sleeping bag rated to 3 seasons E, included
1 Woollen/polar fleece jumper - must be wool or synthetic fibre E	Sleeping inner sheet for extra warmth and keeping your sleeping bag clean. Also suitable for warmer nights when your sleeping bag is adequate as a blanket E, included
2 Long sleeve thermal tops (polypropylene, wool, polyester power dry, Daymart) E	Day pack with waist harness E Head torch with spare batteries E
1 Long thermal pants (polypropylene, wool, polyester power dry, Daymart) E	Sunglasses
2 T-shirts/Long sleeve shirts	Water bottles or water bladder - minimum 2 litres E
Warm trousers - wool or synthetic fibre	Swimmers and Towel
Walking trousers (not jeans)	Gaiters E, included
Walking shorts	
Walking socks - wool or thermal E	Personal Toiletries and First Aid
Warm gloves or mittens E	Personal toiletries
Sun hat E	Insect repellent cream (please do not bring spray repellent)
Balaclava or warm beanie E	Sunscreen and lip balm E
Underwear	Personal first aid kit with tape for treating and preventing blisters and any personal medication.
Footwear	Optional Equipment
Boots must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole. Ideally boots will have a waterproof lining or for full-leather have been waterproofed. They must be well worn in but not worn out. E Sandals with straps or shoes for the end of the day.	Camera Book Binoculars Walking Poles H (\$20)
Please contact us with any questions.	