



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 Wilderness Trek.

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, H (\$40)		Day pack with waist harness E
Waterproof over pants (Gore-Tex, Millair or PVC coated nylon) E, H (\$20)		Head torch with spare batteries E
1 Woollen/polar fleece jumper - must be wool or synthetic fibre E		Sunglasses
2 Long sleeve thermal tops (polypropylene, wool, polyester power dry, Daymart) E		Water bottles or water bladder - minimum 3 litres E
1 Long thermal pants (polypropylene, wool, polyester power dry, Daymart) E		Swimmers and Towel
2 T-shirts/Long sleeve shirts		Gaiters (we provide) E
Warm trousers - wool or synthetic fibre		We provide all catering equipment including cutlery, cups, plates, bowls E
Walking trousers (not jeans)		Personal Toiletries and First Aid
Walking shorts		Personal toiletries
Walking socks - wool or thermal E		Insect repellent cream (please do not bring spray repellent)
Warm gloves or mittens E		Sunscreen and lip balm E
Sun hat E		Personal first aid kit with tape for treating and preventing blisters and any personal medication.
Balaclava or warm beanie E		
Underwear		
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		Camera
Sandals with straps or shoes for the end of the day.		Book
Please contact us with any questions.		Binoculars
		Walking Poles H (\$20)