

## WHAT EQUIPMENT TO BRING ON YOUR 14 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.

Day pack with waist harness (minimum 25L - 30L) and waterproof cover	Beanie	
Good quality reusable water bottles/ bladder (minimum 4L)	Swimmers and travel towel	
Walking shoes or boots	Head torch and spare batteries ( <b>essential</b> )	
Sunscreen	Prescription medicine	
Sun hat (preferably broad rimmed)	Insect repellent cream	
Sunglasses	Toiletries - biodegradable soap and waterless hand sanitiser gel	
Rain / windproof jacket with storm hood attached. We recommend waterproof breathable fabric (Gortex or equivalent membrane)	Personal first aid kit - incl. blister protection & hydralytes	
Warm jacket (down, polar fleece, synthetic)	Face washer	
Warm jumper - woolen or polar fleece /synthetic fibre	Fly head net	
Comfortable walking attire (not jeans or cotton). We recommend light weight, quick drying materials	A good book or two!	
Thermals - top and bottom (wool or synthetic)	Waterproof overpants (Gortex or equivalent membrane) - not essential but can be useful if wet <b>optional</b>	
Warm trousers to wear around camp	Garden style low cut gaiters <b>optional</b>	
Spare comfortable shoes or sandals to wear around camp	Camera <b>optional</b>	
Warm gloves	Binoculars <b>optional</b>	
	Walking poles <b>optional</b>	
<b>Table to be used as a guide only. Please contact us with any questions.</b>	Power bank for electronics <b>optional</b>	