

## WHAT EQUIPMENT TO BRING ON YOUR 3 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 (please do not bring spray repellent)	
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	
Fly head net	Face washer	
Warm jacket (down, polar fleece, synthetic)	A good book or two!	
Warm jumper - woolen or polar fleece /synthetic fibre	Waterproof overpants (Gortex or equivalent membrane)- not essential but can be useful if wet <b>optional</b>	
Comfortable walking attire (not jeans or cotton). We recommend light weight, quick drying materials	Garden style low cut gaiters <b>optional</b>	
Thermals - top and bottom (wool or synthetic)	Camera <b>optional</b>	
Warm trousers to wear around camp	Binoculars <b>optional</b>	
Spare comfortable shoes or sandals to wear around camp	Walking poles <b>optional</b>	
Warm gloves	Power bank for electronics <b>optional</b>	
<b>Table to be used as a guide only. Please contact us with any questions.</b>		