trektasmania

WHAT EQUIPMENT TO BRING ON YOUR 5 DAY FREYCINET TASMAN EXPLORER

The following list sets out all the clothing and equipment you are required to bring for you to participate in our Freycinet Tasman Explorer tour. This is an accommodation-based tour: you carry a day pack while walking, and your main bag travels with us between accommodation.

E indicates essential item of equipment

Clothing	✓	Equipment	✓
Rain / wind jacket with hood. Waterproof breathable fabric (Gore-Tex or equivalent). **E**	☐	Day pack (20–30 litres) with good waist harness and waterproof liner or cover **E**	☐
Waterproof over pants (Gore-Tex or equivalent)	☐	Water bottles or water bladder — minimum 2 litres **E**	☐
1 warm jumper or light jacket — wool, polar fleece or synthetic **E**	☐	Good quality head torch with spare batteries **E**	☐
1 lightweight down or synthetic jacket (cooler months)	☐	Sunglasses **E**	☐
1 long sleeve thermal top (wool or synthetic) **E**	☐	**Personal Toiletries and First Aid**	
2 walking shirts — quick-drying, no cotton. Long sleeves recommended for sun protection **E**	☐	Personal toiletries **E**	☐
Walking trousers and/or shorts (not jeans) **E**	☐	Insect repellent cream (please do not bring spray repellent) **E**	☐
Walking socks — 3 pairs wool or synthetic **E**	☐	Sunscreen and lip balm **E**	☐
Wide brimmed sun hat with secure chin strap **E**	☐	Personal first aid kit with tape for treating and preventing blisters, and any personal medication **E**	☐
Warm beanie and light gloves **E**	☐	**Optional Equipment**	
Casual clothing for evenings and the winery lunch **E**	☐	Walking poles	☐
Footwear		Swimmers and quick-dry towel	☐
Boots must be lace up with a sturdy rubber sole and good grip; ankle support recommended. They must be well worn in but not worn out. **E**	☐	Camera	☐
Comfortable shoes or sandals for evenings **E**	☐	Binoculars	☐
Please contact us with any questions.		Power bank	☐
		Book	☐

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