

WHAT EQUIPMENT TO BRING ON YOUR HEYSEN TRAIL TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Heysen Trail Trek.

E indicates essential item of equipment

Clothing	Equipment
Rain / windproof jacket with storm hood attached. We recommend waterproof breathable fabric (Gortex or equivalent membrane) E	Day pack with waist harness and waterproof cover E
Waterproof overpants (Gortex or equivalent membrane)	Head torch with spare batteries E
Thermals - top and bottom (wool or synthetic) E	Sunglasses
T-shirts/Long sleeve shirts	Water bottles or water bladder - minimum 3 litres E
Walking trousers/shorts (not jeans)	Fly net to cover your face - optional, but the flies can be very annoying at some times of the year!
Woollen/polar fleece jumper - wool or synthetic fibre E	
Walking socks - wool or thermal E	Personal Toiletries and First Aid
Warm beanie hat E	Personal toiletries
Warm gloves E	Travel Towel E
Sun hat E	Personal first aid kit - blister protection E
Casual clothing for evening	Sunscreen and lip balm E
Footwear	Optional Equipment
Boots must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole They must be well worn-in but not worn-out E	Maps
Spare comfortable shoes or sandals	Camera
	Binoculars
	Walking poles
	A good book or two!
Please contact us with any questions.	Garden style low cut gaiters