

WHAT EQUIPMENT TO BRING ON YOUR KANGAROO ISLAND WILDERNESS TRAIL TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Kangaroo Island Wilderness 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)	
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 and prescription medication
Warm gloves E	Sunscreen and lip balm E
Sun hat E	Personal first aid kit - blister protection E
Swimmers and travel towel - for a dip in the ocean!	
Casual clothing for evening	
	Optional Equipment
	Camera
Footwear	Binoculars
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	Walking poles
Spare comfortable shoes or sandals	A good book or two!
	Maps
	Sock gaiters
Please contact us with any questions.	