

## WHAT EQUIPMENT TO BRING ON YOUR KOOLPIN EXPLORER TREK

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

**E** indicates essential item of equipment

**H** indicates available for hire

<b>Clothing</b>	<b>Equipment</b>
1 Woolen /Polar fleece jumper. Must be wool or synthetic fiber. <b>E</b>	Back pack 70-90 litres <b>E, H (\$50)</b>
2 T-shirts/Long sleeve shirts <b>E</b>	Light weight inflatable sleeping mat (we provide) <b>E</b>
Walking trousers (not jeans) or walking shorts <b>E</b>	Sleeping bag rated to 3 seasons (we provide) <b>E</b>
Underwear	Inner sheet (we provide) <b>E</b>
Wool walking socks <b>E</b>	Mosquito dome (we provide) <b>E</b>
Sunhat <b>E</b>	Head torch with spare batteries and globe <b>E</b>
Swimmers	Sunglasses
Warm hat/beanie <b>E</b>	A combination of water bottles & water bladder minimum 3 litres <b>E</b>
Gaiters - knee length <b>E</b>	Travel Towel
	Catering equipment including cutlery, cups, plates, bowls (we provide) <b>E</b>
<b>Footwear</b>	<b>Personal Toiletries and First Aid</b>
Boots must be lace up, ankle high, leather/fabric construction with a sturdy rubber sole. They must be well worn-in but not worn-out. <b>E</b>	Personal toiletries
Spare comfortable shoes or sandals with straps.	Sunscreen and lip balm <b>E</b>
	Personal first aid kit - blister protection <b>E</b>
	Insect repellent cream
<b>Optional Equipment</b>	<b>Optional Equipment</b>
Camera	Walking poles
Pillow	A good book!
Binoculars	