

## WHAT EQUIPMENT TO BRING ON YOUR SOUTH COAST TRACK TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the South Coast Track adventure. The gear check prior to your departure from Hobart will ensure that you have covered all aspects of the required gear without over packing.

**E** indicates essential item of equipment

**H** indicates available for hire

Clothing	Equipment
Rain jacket with storm hood attached. Must be seam sealed waterproof breathable fabric (Gore-Tex or equivalent 3 layer membrane). We recommend mid thigh length with full front zip opening which must have a storm flap. <b>E, H (\$60)</b>	Back pack 70L with waterproof pack liner <b>E, H (\$60)</b>
Waterproof over pants (Gore-Tex equivalent 3 layer membrane or PVC coated nylon) <b>E, H (\$30)</b>	Waterproof nylon pack cover <b>E</b>
1 medium weight /thick woolen/polar fleece jumper - must be wool or good quality synthetic fibre	Inflatable /insulated sleeping mat - light weight <b>E, included</b>
2 Long sleeve thermal tops (polypropylene, wool or polyester) <b>E</b>	Sleeping bag - 3 seasons down or high quality synthetic, comfort rating -5 - needs to be around the size of a rugby ball or smaller <b>E, H (\$60)</b>
1 Long thermal pants (wool or synthetic) <b>E</b>	Tent <b>E, included</b>
2 T-shirts/Long sleeve shirts (must be wool or synthetics outdoor material - NO Cotton)	Good quality head torch with spare batteries <b>E</b>
Warm trousers - must be wool or synthetic fibre	Sunglasses with secure neck strap
Walking trousers	Water bottles or water bladder - minimum 2 litres <b>E</b>
Walking shorts	2 Heavy weight garbage bags or dry bags for waterproof storage OR 1 good quality nylon pack liner (Sea to Summit equivalent) <b>E</b>
Walking socks - 3 pairs wool or thermal <b>E</b>	Small pack towel
Warm / Waterproof gloves or mittens <b>E</b>	Gaiters - knee length essential for keeping mud from boots and leg protection <b>E, H (\$30)</b>
Wide brimmed sun hat with secure chin strap preferable <b>E</b>	We provide all catering equipment including cutlery, cups, plates, bowls <b>E</b>
Balaclava or warm beanie <b>E</b>	<b>Personal Toiletries and First Aid</b>
Underwear - wool or thermal	Personal toiletries (please do not bring soaps or shampoo)
Swimmers	Insect repellent cream (please do not bring spray repellent)
<b>Footwear</b>	Sunscreen and lip balm <b>E</b>
Boots must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole. Ideally boots will have a waterproof lining or for full-leather have been waterproofed. They must be well worn in but not worn out. <b>E</b>	Personal first aid kit with tape for treating and preventing blisters and any personal medication. All this should be carried in a waterproof and knock proof container. <b>E</b>
Light weight sandals or shoes for around camp	<b>Optional Equipment</b>
	Camera
	Walking Poles <b>H (\$30)</b>
<b>Please contact us with any questions.</b>	Small packable day pack for those days when exploring from base camp - your full pack can be used for exploring as well
	1 lightweight down or synthetic jacket or vest (Cooler trekking months of November/December and March/April)
	Book