

## WHAT EQUIPMENT TO BRING ON YOUR SUPER 6 DAY TREK

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

Day pack with waist harness (minimum 25L - 30L) and waterproof cover	✓	Beanie	✓
Good quality reusable water bottles/ bladder (minimum 4L)		Swimmers and travel towel	
Walking shoes or boots		Head torch and spare batteries	
Sunscreen		Prescription medicine	
Sun hat (preferably broad rimmed)		Insect repellent cream (please do not bring spray repellent)	
Sunglasses		Toiletries - biodegradable soap and waterless hand sanitiser gel	
Face washer		Fly head net	
Rain / windproof jacket with storm hood attached. We recommend waterproof breathable fabric (Gortex or equivalent membrane)		Personal first aid kit – incl. blister protection & hydralytes	
Warm jacket (down, polar fleece, synthetic)		A good book or two!	
Warm jumper - woolen or polar fleece /synthetic fibre		Waterproof overpants (Gortex or equivalent membrane)- not essential but can be useful if wet <b>optional</b>	
Comfortable walking attire (not jeans or cotton). We recommend light weight, quick drying materials		Garden style low cut gaiters <b>optional</b>	
Thermals - top and bottom (wool or synthetic)		Camera <b>optional</b>	
Warm trousers to wear around camp		Binoculars <b>optional</b>	
Spare comfortable shoes or sandals to wear around camp		Walking poles <b>optional</b>	
Warm gloves		Biodegradable baby wipes <b>optional</b>	
<b>Table to be used as a guide only. Please contact us with any questions.</b>		Power bank for electronics <b>optional</b>	