# WHAT EQUIPMENT TO BRING ON YOUR TARKINE WILDERNESS TREK

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

**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. **E, H ($40)** | | 35L day pack with hip belt **E** | |
| | | Head torch with spare batteries **E** | |
| Waterproof over pants (Gore-Tex or equivalent 3 layer membrane) **E, H ($20)** | | Sunglasses | |
| 1 Woollen/polar fleece jumper - must be wool or synthetic fibre **E** | | Water bottles or water bladder - minimum 3 litres **E** | |
| 2 Long sleeve thermal tops (wool or synthetic) **E** | | Swimmers and Towel | |
| | | Gaiters **E, H ($30)** | |
| 1 Long thermal pants (wool or synthetic) **E** | | We provide all catering equipment including cutlery, cups, plates, bowls **E** | |
| 2 T-shirts/Long sleeve shirts | | **Personal Toiletries and First Aid** | |
| Warm trousers - wool or synthetic fibre | | Personal toiletries | |
| Walking trousers (not jeans) | | Insect repellent cream (please do not bring spray repellent) | |
| Walking shorts | | Sunscreen and lip balm **E** | |
| Walking socks - wool or thermal **E** | | Personal first aid kit with tape for treating and preventing blisters and any personal medication. | |
| Warm gloves or mittens **E** | | | |
| Sun hat **E** | | **Optional Equipment** | |
| Warm beanie **E** | | Camera | |
| Underwear | | Book | |
| | | Binoculars | |
| **Footwear** | | Walking Poles **H ($20)** | |
| 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. **E** | | | |
| Sandals with straps or shoes for the end of the day. | | | |
| **Please contact us with any questions.** | | | |