

# 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. <b>E, H (\$60)</b>	45L day pack with hip belt <b>E</b>
Waterproof over pants (Gore-Tex or equivalent 3 layer membrane) <b>E, H (\$30)</b>	Head torch with spare batteries <b>E</b>
1 Woollen/polar fleece jumper - must be wool or synthetic fibre <b>E</b>	Sunglasses
2 Long sleeve thermal tops (wool or synthetic) <b>E</b>	Water bottles or water bladder - minimum 3 litres <b>E</b>
1 Long thermal pants (wool or synthetic) <b>E</b>	Swimmers and Towel
2 T-shirts/Long sleeve shirts	Gaiters <b>E, H (\$30)</b>
Warm trousers - wool or synthetic fibre	We provide all catering equipment including cutlery, cups, plates, bowls <b>E</b>
Walking trousers (not jeans)	<b>Personal Toiletries and First Aid</b>
Walking shorts	Personal toiletries
Walking socks - wool or thermal <b>E</b>	Insect repellent cream (please do not bring spray repellent)
Warm gloves or mittens <b>E</b>	Sunscreen and lip balm <b>E</b>
Sun hat <b>E</b>	Personal first aid kit with tape for treating and preventing blisters and any personal medication.
Warm beanie <b>E</b>	<b>Optional Equipment</b>
Underwear	Camera
	Book
	Binoculars
<b>Footwear</b>	Walking Poles <b>H (\$30)</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>	
Sandals with straps or shoes for the end of the day.	
<b>Please contact us with any questions.</b>	