

# WHAT EQUIPMENT TO BRING ON YOUR MT GILES EXPLORER TREK

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

Clothing	Equipment
Rain jacket with storm hood attached - must be seam sealed, waterproof and breathable fabric (we recommend Gortex, Millair, Hydronaute type fabric) <b>E</b>	Trekking Backpack 75 litres <b>E, H</b>
1 x woolen/polar fleece jumper <b>E</b>	Inflatable sleeping mat - light weight (we provide) <b>E</b>
2 x long sleeve thermal tops - polypropylene, wool, polyester powderdry, daymart <b>E</b>	Sleeping bag - 3 seasons (we provide) <b>E</b>
1 x long thermal pants - polypropylene, wool, polyester powderdry, daymart <b>E</b>	Twin share tent (we provide) <b>E</b>
2 x t-shirts/long sleeve shirts	Head torch with spare batteries <b>E</b>
Warm trousers - wool, synthetic fibre	Sunglasses
Walking trousers (not jeans or cotton)	Good quality reusable water bottles or water bladder - minimum 4 litres <b>E</b>
Walking shorts (not cotton)	Swimmers and small pack towel
Walking socks - 3 pairs wool or thermal <b>E</b>	Fly head net
Warm gloves or mittens <b>E</b>	<b>Personal Toiletries and First Aid</b>
Sun hat (preferably broad rimmed) <b>E</b>	Personal toiletries - please do not bring soaps or shampoos unless they are biodegradable
Balaclava or warm beanie hat <b>E</b>	Insect repellent cream
Underwear	Sunscreen and lip balm <b>E</b>
Gaiters - knee length for leg protection <b>E</b>	Personal first aid kit – incl. blister protection & hydralytest <b>E</b>
<b>Footwear</b>	Prescription medication
Boots must be lace up, ankle high, leather/fabric construction with a sturdy rubbers sole. They must be well worn-in but not worn-out. <b>E</b>	Waterless hand sanitiser gel <b>E</b>
Lightweight sandals with straps or shoes for around camp.	Face washer
<b>Optional Equipment</b>	<b>Optional Equipment</b>
Walking poles	Camera
Maps	Book
Power bank for electronics	

Please contact us with any questions.