

## WHAT EQUIPMENT TO BRING ON YOUR 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  |   |
| Sunglasses   |   | Toiletries - biodegradable soap and waterless hand sanitiser gel  |   |
| Fly head net   |   | Face washer   |   |
| Rain / windproof jacket with storm hood attached. We recommend waterproof breathable fabric (Gortex, Millair, Hydronaught) |   | 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, Millair, PVC coated nylon) - 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                        |   | Gaiters <b>optional</b>   |   |
| Thermals - top and bottom (polypropelene, wool, polyester powder dry, Daymart)   |   | 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  |   | Power bank for electronics <b>optional</b>  |   |
| <b>Table to be used as a guide only. Please contact us with any questions.</b>   |   |   |   |