

ESSENTIAL GEAR CHECKLIST

Ruined Castle Overnight

Clothing	✓
Waterproof jacket with hood attached. Must be seam sealed waterproof fabric; Gore-Tex, Hydronaute etc. (available for hire)	
1 long sleeved thermal top (merino, polypropylene, polyester)	
1 thermal bottom (merino, polypropylene, polyester) - <i>April - November months only</i>	
1 woolen/polar fleece jumper (wool, polar fleece, synthetic fiber)	
1-2 t-shirts (merino, synthetic preferred - no cotton)	
Walking shorts/trousers	
Camp trousers (tights, wool, lightweight)	
Sunhat	
Warm beanie and gloves	
Footwear	
Walking boots. Should be worn in but not worn out. Hiking boots preferable but sneakers suitable (may get muddy)	
Camp shoes; thongs, crocs etc. - lightweight	
1 pair walking socks (wool or thermal) + 1 pair camp socks if desired	
Equipment	
Backpack 70-90L (included)	✓
Waterproof pack liner 70L (included)	✓
Inflatable sleeping mat - lightweight (included)	✓
Sleeping Bag - 3 seasons, down filled (included)	✓
3 season lightweight tent (included)	✓
Collapsible lightweight day pack (included)	✓
Head torch with spare batteries	
Sunglasses	
Water bottle or Water bladder - minimum 3 liters	
Personal Toiletries and First Aid	
Sunscreen and lip balm	
Personal Toiletries - no soaps, shampoos etc.	
Insect repellent - no aerosol sprays	
Personal first aid kit including tape for preventing and treating blisters, as well as any personal medications	
Optional extras	
Walking poles (available for hire)	
Down jacket	
Waterproof over pants (Gore-Tex, Millair or PVC coated Nylon)	
Book	
Camera	
Ear plugs	
Small towel or baby wipes for 'bird-bath' at night	