

Essential Gear Checklist

Kanangra to Katoomba

Clothing	✓
Waterproof jacket with hood attached. Must be seam sealed waterproof fabric; Gore-Tex, Hydronaute etc. Mid-thigh length with storm flap over zip (available for hire)	
1 long sleeved thermal tops (merino, polypropylene, polyester)	
1 thermal bottom (merino, polypropylene, polyester)	
1 woolen/polar fleece jumper (wool, polar fleece, synthetic fiber)	
2 t-shirts (merino, synthetic preferred - no cotton)	
Walking shorts/trousers	
Camp trousers (tights, wool, lightweight)	
Underwear	
Sunhat	
Warm beanie and gloves	
Swimmers	
Footwear	
Walking boots. Must be ankle height, lace-up and either leather or waterproof fabric Gore-Tex or equivalent. Good quality sole (Vibram). Worn in but not worn out.	
Camp shoes; thongs, crocs, Texas - lightweight	
2 pairs walking socks (wool or thermal)	
Equipment	
Backpack 70-90L (included)	✓
Waterproof pack liner 70L (included)	✓
Waterproof nylon pack cover (included)	✓
Inflatable sleeping mat - lightweight (included)	✓
Sleeping Bag - 3 seasons, down filled (included)	✓
3 season lightweight tent (included)	✓
Gaiters - Knee high for keeping mud out of boots (available for hire)	
Head torch with spare batteries	
Sunglasses	
Water bottle or Water bladder - minimum 2 liters	
Small towel	
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	
Down jacket	
Waterproof over pants (Gore-Tex, Millair or PVC coated Nylon)	
Walking poles (available for hire)	
Book	
Camera	
Ear plugs	