



# Packing List

## Larapinta Trail

Keep it simple  
and only pack  
what is on  
this list

\*The Aurora Hotel allows you to leave items at the hotel that you don't require on the trek in their luggage rooms for free.

**All items on this list are essential unless stated otherwise.**

HIKING ITEMS:	✓	CLOTHING ITEMS:	✓	PERSONAL ITEMS:	✓
Backpack or small duffle bag for clothing (please do <b>NOT</b> pack a hard shell suitcase) 10-15kg limit maximum.		Hiking boots		Sunscreen	
Small daypack for walking (25-30L)		Spare pair of walking shoes/joggers		Personal toiletries	
Sleeping bag (between 0 to -5 rating)		1-2 x Hiking shorts		Sunglasses	
Walking poles (optional)		2 x Short sleeve walking tops		Baby wipes	
Camping pillow (normal pillow is suitable)		1 x Long sleeve hiking top		Small tissue packet	
Sun hat with broad brim or visor		1 x Fleece jumper		Personal medication/Panadol	
Sleeping bag inner liner fleece		1 x Down or puffer jacket		Strapping tape if you have bad knees or ankles	
Small blanket from Best and Less (\$10). There is a Best and Less or Kmart in Alice Springs.		2 x Thermals long sleeve tops		Lip balm	
		1 x thermal pants		Camera	
		Track pants		Ear plugs	
		UGG boots (Cheap \$7 from Best and Less are best. Don't bring your good pair)		Electrolytes for water	
		Wind proof jacket		Mini thermos for morning tea	
		Neck scarf or buff		Container (we try and re-use containers so we don't have to have as much plastic on the trip)	
		Beanie			
		Gloves			
		3 x merino hiking socks			
		Swimmers			
		Underwear			
		Towel			
		Thongs for the shower			
		*Comfortable clothes for non-walking days. Clothes for dinner on the last night/travel days.			

EQUIPMENT:	✓
Head Torch with spare batteries (essential)	
Drink bottle or bladder 2-3L capacity (the bladders are best to be able to sip consistently) You will be able to re-fill from the truck every day.	
Chargers for phones	