

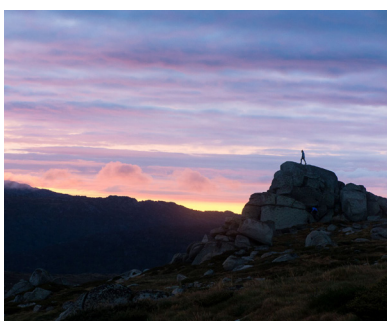


Mount Kosciuszko Trip

Inclusions & Equipment List

PROVIDED ON THE HIKES:

- Hot tea and coffee
- Cups
- First aid
- PLB and Sat Phone (safety communications)
- Trail maps
- Compass and navigation
- Emergency Anzac biscuit supply
- All trail meals (morning tea and lunches)
- Trail nibbles and snacks
- Dry bags if needed in wet weather



YOU WILL NEED TO BRING WITH YOU:

PLEASE WEAR/PACK AND CARRY WITH YOU: ✓

- Small day pack (suitable with a waist and chest strap) Over 15L
- Water bladder (2L) and 1x water bottle (1L)
- Hiking t-shirt (merino material is best)
- Hiking long pants or shorts
- Waterproof rain and wind jacket
- Waterproof rain pants (may need if walking in the rain)
- Buff or scarf
- Beanie and gloves
- Sunglasses
- Sun hat (with strap recommended)
- Sunscreen
- Hiking socks
- Hiking boots or sports shoes/trail runners that are well worn in
- 1 thermal base layer
- 1 thermal top layer
- Fleece jumper
- Down jacket or very warm woollen jacket
- Hiking poles (optional but highly recommended)
- Fly net
- Phone + camera
- Head torch (this is a safety aspect)

PACKING LIST FOR LAKE CRACKENBACK RESORT: ✓

- Casual clothing for relaxing/dinner
- Pyjamas
- Underwear
- Toiletries
- Ear plugs
- Personal medications
- BYO wine (wine will also be supplied on the BBQ night)
- Lip balm
- Phone charger
- Personal snacks if preferred

