



Packing List

Larapinta Trail

Keep it simple
and only pack
what is on
this list

All items on this list are essential unless stated otherwise.

HIKING ITEMS:	✓
Backpack or small duffle bag for clothing (please do NOT pack a hard shell suitcase) 10-15kg limit maximum.	
Small daypack for walking (25-30L) with chest/waist strap	
Sleeping bag (between 0 to -5 rating)	
Walking poles (optional but very handy)	
Camping pillow (normal pillow is suitable)	
Sun hat with broad brim or visor	
Sleeping bag inner liner fleece	
Small blanket from Best and Less (\$10). There is a Best and Less or Kmart in Alice Springs.	

EQUIPMENT:	✓
Head Torch with spare batteries (essential)	
Drink bottle + 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	

CLOTHING ITEMS:	✓
Hiking boots (worn in)	
Spare pair of walking shoes/ joggers	
1-2 x Hiking shorts	
2 x Short sleeve walking tops	
1 x Long sleeve hiking top	
1 x Fleece jumper	
1 x Down or puffer jacket	
2 x Thermals long sleeve tops	
1 x thermal pants	
Track pants	
UGG boots (Cheap \$7 from Best and Less are best. Don't bring your good pair)	
Wind proof jacket	
Neck scarf or buff	
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.	

PERSONAL ITEMS:	✓
Sunscreen	
Personal toiletries	
Sunglasses	
Baby wipes	
Small tissue packet	
Personal medication/Panadol	
Strapping tape if you have bad knees or ankles	
Lip balm	
Camera	
Ear plugs	
Electrolytes for water	
Mini thermos or keep cup (handy)	