

PACKING & EQUIPMENT LIST



Six Foot Track

Overnight Hike



CLOTHING & EQUIPMENT

Selecting the right clothes and other gear and equipment according to the weather and climate, is essential to avoid unnecessary complications and to make your trip as comfortable as possible.

Please follow the packing list carefully and contact our team if you have questions.

CLOTHING

- Waterproof jacket with hood
- Waterproof pants (check weather forecasts/optional)
- Fleece jumper
- 1x hiking shirt (merino material is best. Cotton is not great to walk in)
- Long sleeve shirt
- Thermal top and thermal bottoms
- Lightweight camp trousers
- 2x pair of hiking socks (merino material is best)
- Thermal top and thermal bottoms
- Lightweight camp trousers

HEAD AND HAND

- Lightweight gloves (inner thermal gloves and outer windproof and waterproof gloves)
- Bandana/buff or head scarf
- Beanie and gloves
- Sun hat
- Headlamp with extra batteries
- Sunglasses with UV protection (strap is useful)

FEET

- Hiking socks x 2-3 pairs (Merino)
- Hiking boots (well worn-in)
- Hiking sandals
- Cotton socks for post hike

TOILETRIES

- Toothbrush and toothpaste
- Deodorants
- Sunscreen cream
- Lip balm
- Female hygiene products
- Small quick-dry micro towel
- Ear plugs / eye mask

CAMPING ACCESSORIES

- Trekking poles (optional)
- Sleeping bag (three seasons)
- Hiking pack (between 55-65L is suitable, unless hiring from us)
- Sleeping mat
- Tent (if bringing your own)

EXTRAS

- Camera or phone to take photos
- Phone charger
- Rubbish bag (for dirty or wet items)
- It is recommended to carry at least 2.5 liters of water in two separate carriers. Each carrier should contain a 2L bladder and a 1L water bottle



COMMON QUESTIONS

- **How much room do I need in my pack for group gear?** We allocate everyone with a food bag with your own snacks and some food for main meals, this usually takes up around 1kg of weight in your pack and we will help you arrange this.
- **What if it rains?** We have pack liners and pack covers for your gear to keep everything dry.
- **If I'm hiring a pack, how do I bring all my things?** Bring your items in a pack or an overnight duffel bag and once you arrive we will sort these items into your pack for the weekend.

