

# 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)
- Small micro camp towel

## 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 very useful)

## FEET

- Hiking boots (well worn-in) or trail shoes
- Hiking sandals for around camp
- 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
- Zip lock bag
- Pack of tissues and/or toilet paper (your guide will also provide)



## CAMPING ACCESSORIES

- Hiking poles (*optional yet highly recommended*). We hire poles for \$20+gst. [Contact us](#) at least 9 days prior to your trek
- Sleeping bag (three seasons)
- Inner sleeping liner (optional)
- Hiking pack (between 55-65L is suitable, unless hiring from us)
- Tent (only if bringing your own)
- Sleeping mat. We suggest these options if you're looking to purchase one prior to your trip
  1. [Decathlon sleeping mat](#) (cheaper option but great!)
  2. [Mountain Designs sleeping mat](#)

## EXTRAS

- Camera or phone to take photos
- Phone charger
- Rubbish bag (for dirty or wet items)
- Water bladder + water bottle. It is recommended to carry at least 2.5L of water in two separate carriers in case one breaks or spills.



## COMMON QUESTIONS

- **How much room do I need in my pack for group gear?** We provide everyone with a food bag that includes individual snacks and some food for main meals. This typically adds around 1kg of weight to your pack. We'll assist you in organising it.
- **What if it rains?** We supply pack liners and pack covers to ensure all your gear remains dry.
- **If I'm hiring a pack, how do I bring all my items?** Pack your belongings in a backpack or an overnight duffle bag. Once you arrive, we'll help transfer these items into the pack you'll be using for the weekend.
- **Are there bathrooms at Megalong Valley Tea Rooms?** Yes, there's a bathroom at the tea rooms and also at our camp location.
- **Do you provide tea and coffee, or should I bring my own? I love my morning coffee!** We offer both tea and coffee. However, if you have a particular type of tea or coffee you prefer, you're more than welcome to bring it with you.
- **Can I bring some of my own snacks?** Yes you are most welcome. Our guide will also have plenty for the group.