

PACKING LIST



Murramarang

SOUTH COAST HIKE



WHAT TO BRING | YOUR MURRAMURANG ESSENTIALS

Trip Nature and Vehicle Limitations

The nature of this trip, involving gear transport and 4WD tracks, limits our vehicle choices, affecting transportation style and capacity.

Space Limitations

With limited space for gear and camping equipment, please follow the packing list closely, packing only essentials for the day hike.

Packing List Adherence

Keep your nightly transported pack compact. Minimising your load is beneficial! Use the packing list for guidance in your preparations. Note: We cannot accommodate suitcases.

Why Wear Hiking Boots

Hiking boots prevent discomfort and blisters; ensure they're well broken in. Joggers are fine if more comfortable or if you don't own hiking boots.

Shoes to Wear at Camp

Ugg Boots or Crocs with socks are recommended for warmth around campfires and camp. Affordable Ugg boots from Big W or K-Mart are ideal as they may get dirty.

Your Car

Upon arrival at Pretty Beach, your guide will direct you to leave your car in Kioloa. We'll organise a group drop-off for safe street parking during the hike.



CLOTHING CHECKLIST

- **Waterproof Jacket:** Lightweight, breathable, with a hood and zippers to combat rain, bugs, and cool breezes.
- **Sweater:** Fleece or polyester for chilly nights.
- **Long Sleeve Shirts (2):** Moisture-wicking for cooler days/nights and keeping sun off while hiking
- **Short Sleeved Shirts (2):** For hiking or getting changed into at camp
- **Hiking Pants (1-2):** Lightweight, quick-dry, convertible to shorts *optional. Can be long or shorts
- **Jumper:** Something nice and cosy for at camp (fleece works well)
- **Underwear (4)**
- **Comfortable Bras (2)**
- **Bathing Suit:** For swims at camp or along the way when we stop for a rest break
- **Camp clothing:** Truck suit pants/comfortable top to wear around camp (keep it warm)

HEADWEAR:

- **Brimmed Hat:** For sun protection
- **Bandana/Buff:** Versatile for headband, scarf, or sweat wiper.
- **Beanie:** Great for around camp and cold mornings

FOOTWEAR:

- **Hiking Shoes:** Ankle support, breathable, well broken-in; spare laces advised.
- **Socks:** 2-4 pairs. Enough for hiking at camp socks
- **Sandals:** For around camp, quick slip on
- **Ugg boots:** A type of shoe you can put on at camp

ACCESSORIES:

- **Sunglasses** with case (strap is also handy)
- **Water Bottle or Bladder:** (1.5 litre minimum) to carry
- **Towel (2):** Compact, lightweight, quick-dry for various uses. Beach + bath towel

EQUIPMENT:

- **Headlamp with extra batteries:** Essential for camping
- **Daypack:** 20-30L, with good straps, ideal for carrying personal items (with waterproof pack cover)
- **Medium Bag:** For transporting night items in vehicle
- **Sleeping bag:** (3 or 4 seasons)
- **Sleeping mat:** Compact is ideal
- **Pillow:** Normal size from home is okay
- **Hiking poles:** Great for support during each walk (highly suggested)
- **Tent:** Only if you are bringing your own (no larger than 2 person tent)



OTHER NECESSITIES TO PACK:

- Personal medications
- Sunscreen
- Toiletries (biodegradable soap, toothpaste, toothbrush, wet wipes)
- Camera or phone with extra batteries and bag
- Ear plugs/eye mask
- Mozi repellent
- Rubbish bag for any dirty items
- Small packet of tissues
- Book
- Cards or games



WHAT TO CARRY ON THE HIKE EACH DAY

- Wet weather jacket
- Water
- Swimmers and towel (optional)
- Hiking snacks (provided by us)
- Hat and sunglasses
- Sunscreen
- Phone/Camera
- Hiking Poles
- Jumper (for rest stops)
- Any valuable items
- Personal medications
- Wallet (there might be a chance to grab a coffee at the NRMA car park)

DO WE SET UP AND PACK UP TENTS?

Yes, your guides will assist you with your tents, including providing demonstrations on how to set up and pack them up. Each participant will have their own single tent, which is easy to assemble and disassemble. While guides will be available to help, your participation greatly aids us in meal preparation and campsite management. This also offers a great opportunity to learn about tent setup and enhance your skills. Your camp equipment will be ready for you at your campsite as much as possible.

