

MANDATORY TREKKING EQUIPMENT CHECKLIST

TO BE CARRIED BY EVERY INDIVIDUAL	
TO BE CARRIED DAILY IN BACK PACK *	TO BE CARRIED IN OVERNIGHT BAG
SUPPLIED BY TREKKERS	SUPPLIED BY TREKKERS
Day Backpack (ie. 30 litres)	Sleeping Gear
Hat	Sleeping bag and liner
Buff (in case of dust storm)	Sleeping mat
Head Torch	Small camping pillow
Red Flashing LED Beacon Light (bicycle light)	
Sunglasses / UV Eye Protection	Trekking Clothing
Whistle	Sturdy walking shoes or boots (worn in)
Water Carrying Containers (eg. Camelbacks or water bottles)	Quality trekking socks (1 pair / day)
Food (Snacks)	Lightweight bushwalking pants/long shorts or zippy legs
Emergency Blanket	Lightweight breathable shirts or tops (long sleeves advisable for sun protection)
Rain Jacket*	Change of clothes & shoes for around camp
Thermals (top and bottom)*	Gaiters
Fleece Jacket*	Other
Insect Repellant and/or fly veil	Snack Foods (for each day)
Smart Phone with GPS App loaded	Toiletries
Compass	Toilet Paper
Basic First Aid Kit (including blister care)	Hand Sanitiser
Pocket Knife	Spare first aid supplies
Sun Cream	Spare socks
Zip Lock Bag (for rubbish)	Personal Hygiene Items
Toilet Paper in Zip Lock Bag	Personal Medications
Fire Lighting Kit (matches, fire lighter, paper)	Small towel
Personal Medication	Moist wipes (wet ones or similar)
Personal Hygiene items	
Handkerchief	HIGHLY RECOMMENDED EXTRAS
	Spare head torch
	Spare batteries
SUPPLIED BY TREK ORGANISERS	Spare hat and sunnies (in case of loss)
Trek map	Extra Sun cream, lip balm
High vis vest if required	Extra Toilet Paper
Emergency Card	Camera, iPod / MP3 Player, phone
	Trekking poles

**Dependent on conditions. You will be advised each morning if you will be required to carry these items with you during the day. If not needed, they can be transported in your overnight bag.*

MANDATORY EQUIPMENT TO BE SUPPLIED BY TREKKERS & TRANSPORTED BY TREK ORGANISERS IN OVERNIGHT BAG

Overnight bag

This will be transported each day to the next camp (to store clothing, food etc – see checklist above). You should only have one bag that requires transporting, so it is important to pack wisely as everything needs to fit. We suggest the overnight bag that you choose be no bigger than 85cm long, 45cm wide and 45cm high and it should be soft duffle style (not hard suitcase types).

Sleeping bag

You will require a sleeping bag that will be suitable for cold conditions. Please remember nights in the desert can get close to zero, and occasionally even below zero, so it is important you are prepared. Sleeping bag liners are recommended to make your sleeping bag even warmer, should temperatures become unusually cold. Try to select a sleeping bag that is warm, but still compact in its stuff sack, to save space in your gear bag.

Sleeping Mat

A light inflatable sleeping mat is suitable eg. Thermarest, ExPed or Sea to Summit style.

Trekking Clothing

- Sturdy shoes or boots (these should be well worn in and not new)
- Quality trekking socks (not cotton sport socks) – minimum of 1 pair per day
- Lightweight bushwalking pants / long shorts or zippy legs.
- Lightweight breathable shirts or tops (long sleeve preferable for sun protection).

Of an evening, trekkers may wish to change into some comfortable clothing. It is recommended to be prepared for cold weather. Suggested clothing includes:

- Thermals
- Thick socks
- Warm pants
- Fleece top
- Warm jacket (a down jacket is a nice luxury to wear at camp if you have one)
- Beanie
- Camp shoes

Food

Trekkers will receive 3 catered meals per day (breakfast, lunch and dinner). It is required that you bring your own snacks to eat in between these meals. Energy bars or similar are suggested. We suggest a minimum of two bars/food portions per 10km. Note that lunch will be provided each day at approximately the half-way point.

Toiletries

- Toothbrush and toothpaste
- Wet wipes for cleaning yourself (there are no showers available during the trek)
- Sanitary items

Toilet Paper

Hand Sanitiser

Trekkers are required to bring anti-bacterial hand gel (min 60ml) to use at camp and on the track.

Personal hygiene items

Personal medications

Small towel

Camp footwear

Highly Recommended Extras

These items should be kept in your overnight bag so you can have spares or replacements if required.

- Spare head torch
- Spare torch batteries
- Spare first aid supplies or other items you choose to bring (in addition to the extras of the mandatory items listed above) so you can top up your daily kit eg. blister care.
- Spare hat and sunnies in case of loss
- Extra sun cream to top up each day, spare lip balm
- Toilet paper

ITEMS TO BE CARRIED DAILY BY TREKKERS IN BACK PACK

Day Backpack with capacity for all mandatory gear, food, drinks etc. Must be big enough to carry the extra clothing (thermals and fleece) if required due to bad weather as listed below. ie: approx 30L.

Hat – Peaked cap with top of head fully covered is the minimum requirement, we recommend a full brim hat or Legionaire style. Brim or visor-only style not permitted.

Buff – to cover and protect your face

Head torch. Minimum 99 lumens manufacturer rating. With enough spare batteries to last 11 days.

Red flashing LED beacon light. To be carried every day, clipped to top of back-pack. Must be turned on if it gets dark. eg. tail light for a bicycle.

Sun glasses / UV eye protection

Whistle

To attract attention if you need help

Water carrying containers – minimum of 4 litres capacity per person. Organisers will evaluate weather conditions each day and will advise the minimum water carrying capacity required. eg. Camelbacks or water bottles.

Smart Phone with a GPS App loaded – note that you will not have any telephone reception while on the Trek. During the Trek it is best to leave your phone turned off or in 'Flight Mode' to prolong battery life.

Food

Energy bars or similar are suggested. We suggest a minimum of two bars/food portions per 10km. Note that lunch will be provided each day at approximately the half-way point.

Emergency Blanket

Put all your clothes on and wrap yourself tightly in the emergency blanket if injured, ill or lost.

Compass

We recommend a bushwalking or orienteering compass. Be aware that some northern hemisphere compasses may not work properly in Australia. A compass must be carried in case you get lost and need to follow the Emergency Instructions. iPhone or other electronic compasses not permitted (if the battery goes flat you will not have a compass).

First aid kit

Minimum contents:

- 1 X rolls of strapping tape or Fixomul
- 20 X Bandaids
- 2 X Elastic compression bandages (minimum 2m long X 100mm wide). For snakebite or sprain.
- 3 X medium sized adhesive dressing (Primapore or similar)
- Blister prevention and care kit to include Fixamul, Compeed or similar products.
- Any personal medications such as asthma, panadol etc.

You must have extra supplies of all these items in your overnight bag so you can top-up your first aid kit each day.

Pocket knife

For use with first aid items etc.

Sun cream

30mls minimum (must be topped up each day from your extra supplies)

Ziploc bag

For your rubbish, wrappers etc.

Toilet paper in zip-loc bag**Fire lighting kit**

To be used only in an emergency to keep you warm or to attract attention if you are injured or lost – more details will be on the Trek Emergency Card. Must include: 1 X fire lighter block (Jiffy or similar), full box of matches, 1 sheet of paper (minimum A4 size) in a small zip-loc plastic bag.

ITEMS SUPPLIED BY TREK ORGANISERS

- Emergency card (laminated) with advice on snake bite treatment, what to do if lost or injured etc.
- Trek map

FOR BAD WEATHER – WET, COLD, WINDY OR SANDSTORM

The event will continue in moderate rain or cold, windy conditions. Each trekker must bring the following items and each morning you will be advised if you need to carry any of these items that day:

A waterproof, breathable rain jacket

It must have sealed seams and a hood. It must be in a size that fits you. Acceptable fabrics include Gore-Tex, Entrant, Pertex, eVent, Hy-Vent, Aqua Stop, Omni-Tech, Helly-tech and similar.

The following are not acceptable: plastic rain poncho, polyurethane (PU) coated fabrics, non-proofed/treated or non-membrane fabrics.

The rain jacket can be stored in your overnight bag. You will be advised before each day starts if you need to carry the rain jacket.

Thermals – long-sleeved top and long-leg bottoms

Must be polypropylene, acrylic or similar synthetic or wool. Garments made from cotton, coolmax, lycra or “compression” garments are not considered to be “thermals” for the purpose of this Trek. You can wear compression garments but they cannot replace the mandatory thermals so you must bring thermals as well. You will be advised before each day starts if you need to bring these thermals.

Fleece Jacket. 100-weight fleece minimum, long sleeved. Note that “100-weight” refers to a common standard used by Polartec for a lightweight fleece layer. If in doubt check with your retailer that the fabric is equivalent to Polartec 100. You will be advised before each day starts if you need to carry your fleece.

Gaiters

Full length gaiters (to top of calf muscle) to provide protection against low scrub, prickles and snakes. A breathable fabric like canvas or goretex is advised (cheap, non-breathable gaiters get very sweaty in warm conditions). You will be advised before each day starts if you need to wear / carry your gaiters.

Optional Extras

- Spare head torch
- Spare torch batteries
- Spare First Aid supplies
- Spare hat and sunnies
- Extra sun cream and lip balm
- Vaseline, Body Glide
- Extra Toilet Paper
- Camera and iPod / MP3 Player to listen to music while trekking with appropriate battery life (or solar recharger) and memory cards.
- Trekking poles

PRE-TREK GEAR CHECK

Your mandatory gear will be checked at registration.