

Tramping Essentials



- Beanie
- Day-pack
- Sunglasses
- Thermals
- Shorts
- Summer clothing
- Windbreaker
- Gloves
- Water container
- Warm socks
- Tramping boots
- First aid kit
- Medicines
- Sunscreen

Camping Essentials



- Softshell Bag
- 2 Towels
- Torch & New Batteries
- Warm Clothing
- Gaiters or long pants for protection against scrub spikes.
- Socks
- Camp shoes
- Toiletries
- Hi-Energy Snack foods
- Lunch and drink for Day 1.

10kg/person maximum please