

Personal Equipment Guideline

Listed below are the SUGGESTED items.

For a Day Tramp

- Day pack with pack liner or plastic bags
- Shorts or tramping trousers, preferably quick drying
- Boots suitable for expected terrain (plus spare shoelaces)
- Tramping socks
- Gaiters (desirable)
- Hiking Poles (desirable)
- Waterproof parka and overtrousers
- Fleece, merino or polypropylene** clothing - beanie or balaclava, mittens or gloves, bush shirt, jersey or fleece jacket, thermal vest and long johns
- Shirt or t-shirt (cotton or synthetic) in summer
- First Aid kit (including personal medication)
- Hot or cold drink (Water bottle)
- Lunch, snacks and/or scroggin
- Whistle
- Torch and spare batteries
- Toilet paper (in plastic bag)
- Sunhat
- Sun block
- Sun glasses or snow glasses (UV protecting)
- Compass and map / GPS (desirable)
- Survival blanket or bivvy sack
- Insect repellent (depending on area and season)
- Dry clothes and shoes for the journey home (In a separate plastic bag)
- Camera (desirable)

For a Weekend Tramp

- Overnight Pack
- Waterproof pack liner
- Sleeping bag
- Sleeping mat (desirable)
- Tent (if no hut available)
- Bivvy sack or survival blanket
- Sturdy boots (plus spare shoelaces)
- Tramping socks
- Shorts or tramping trousers, preferably quick drying
- Gaiters
- Hiking Poles (desirable)
- Waterproof parka and overtrousers
- Fleece, merino or polypropylene** clothing - beanie or balaclava, mittens or gloves, bush shirt, jersey or fleece jacket, thermal vest, long johns and spare socks.
- Change of clothes to wear in the huts
- Sunhat
- Sun glasses or snow glasses (UV protection)
- Light shoes or sandals for hut wear
- Plate or bowl or mug
- Knife and spoon
- Matches or lighter and candle in waterproof container

- Lightweight billy with holder
- Cooker with adequate fuel for unplanned extra day
- Toilet paper in plastic bag
- Toilet gear and optional small towel
- First Aid kit (including personal medication)
- Torch and spare batteries
- Paper and pencil in waterproof bag
- Whistle
- Compass and map / GPS
- Water bottle
- Watch
- Insect repellent (depending on area and season)
- Food for breakfasts, lunches, dinners, plus one extra day
- Snacks or scroggin plus enough for one extra day
- Sunblock
- Rope (5-10 metres)
- Camera (desirable)

Tips

- Because weather can deteriorate rapidly, the need for **fleece, Merino or polypropylene clothing** cannot be over-emphasised. **Do not** wear cotton clothing such as jeans or cords.
- Pack gear in plastic bags inside your pack liner.
- A pack cover may be useful, especially when tenting.
- For the novice the biggest hazard is carrying too much, which can be unnecessarily tiring, a pack that seems to be a reasonable weight when you pick it up at the beginning of the tramp, can be an awful burden at the end of the day. It takes a while and a number of trips to find what the minimum you can manage with is. One way to do this is at the end of a tramp, sort out the gear you thought you might use and didn't and leave it behind next time. After two to three tramps you should know what to carry in your basic pack.
- Organize your gear into logical groups and stuff sacks. Put your sleeping bag on the bottom. This provides a soft cushion for your other gear to ride on top of. It works like a shock absorber to reduce the impact on your shoulders and hips. Pack large heavy items horizontally across the whole width of the pack so the weight is equally distributed. Put the heaviest items (such as food) closest to your centre of gravity (middle of your back). Carry water bottles in the side pockets (one on each side). If you use a hydration bladder carry it in your pack's hydration sleeve or lay it horizontally across the middle of the pack. Keep items you'll use often during the day (such as snacks, maps, camera) where you can grab them without taking off your pack, like in hip-belt pockets or side pockets. Keep spare clothes near the top of your pack where you can get to them throughout the day without unpacking other gear. Don't leave areas of empty space in your pack. Fill nooks and crannies to give the pack structure and prevent gear from shifting as you walk. Use compression straps to cinch everything down tightly. Your fully loaded pack should not sag, lean or bend
- Your Leaders is your best source of information for your trip and will advise on group equipment, food and special requirements, if in any doubt ask your leader.
- Do not rely on your mobile phone, as we often go into areas where there is no coverage.