

Equipment Check-List

You must bring the essential items.

Only the smaller items are 'suggested'



Essential Items

- Rucksack (not a travel pack – must have padded waist belt, if unsure loan one from us)
- Sleeping bag (must be rated at or below 0° - if unsure loan from us)
- Sleeping mat (foam or self-inflating)
- Tent (shared between two people) (they are warmer, away from snorers in shelter and bugs)
- Stove and matches
- Fuel for the stove in a clearly marked fuel bottle
- Whistle
- Bibbulmun Track Map (Guidebook optional)
- Light weight and small torch (head torch preferred)
- Pot scrubber/chux
- Water bottle or bladder (you will usually need 2L – best to have 2 x 1L bottles)
- Water purification tablets (puritabs/ aquatabs, micropure) available from outdoor stores/pharmacy
- Personal rubbish bag (for food, wrappers etc)
- Personal first aid kit (with required medication, band aids)
- RockTape/Fixomul (or other blister kit)
- Sanitising gel
- Toilet paper (a whole roll is not always necessary)
- Cup, or mug, bowl and spoon (knife and fork if you need)
- Large plastic bag for waterproofing inside the backpack (weather dependent)
- Food – see food suggestion list

Clothing

- Boots or sturdy shoes - worn in and comfortable
- Socks, two thick pairs (thin liners?)
- Long trousers - loose and tough, synthetic – no denim!
- Long-sleeved top, wool/synthetic, or collared shirt
- Warm jacket, wool or polar-fleece
- Sun hat (baseball caps don't protect your neck)
- Raincoat (rain trousers are optional but rarely used)
- Night change clothes - thermal u/wear or light tracksuit
- Underwear/thermals
- Shorts, synthetic, loose fitting – no denim
- Beanie, headsox or scarf, gloves if you feel the cold

Small items (not all may be needed)

- Compass
- Personal toiletries (keep minimal), lip balm,
- Insect repellent and Sunscreen
- Plastic trowel
- Small towel and/or face cloth
- Walking stick
- Money (no coins)
- Camp shoes eg lightweight sandals/crocs
- Ear plugs
- Umbrella (small enough to fit inside pack and lightweight)