

Walker's Checklist

Essential gear

- backpack (with comfortable shoulder, hip and chest straps)
- backpack pack liner (to keep everything dry)
- tent (3 or 4 season with inner and outerlayer) plus short lengths of cord/rope to help secure tent to tent platforms
- sleeping bag (to -10°C) kept dry
- sleeping mat
- waterproof coat (with hood)
- waterproof over-trousers
- walking boots (sturdy, good ankle support)
- gaiters (protection from snakes, mud, prickly bushes)
- thermal long-sleeve top and bottoms
- walking clothes (lightweight, quick-dry shorts/trousers, shirt, fleece jacket – not cotton or denim)
- camp clothes (kept dry) for evenings
- beanie
- gloves
- sun hat
- sunglasses
- sunscreen
- first aid kit*
- pocket knife
- whistle
- compass
- toilet trowel
- toilet paper
- antibacterial hand gel
- fuel stove and fuel
- waterproof matches (in w'proof container)
- torch & spare batteries
- food (lightweight, nutritious, remove excess packaging)
- cooking pot(s)
- cooking utensils (knife, fork, spoon, mug, plate or bowl)
- scourer (for washing dishes)
- water bottles (2-3 litres)
- toiletries
- medications (eg pain relief, anti-inflammatory, antihistamine, gastrostop)
- map
- guidebook

Optional gear

- trekking pole
- day pack (for side trips)
- PLB (personal locator beacon)
- GPS
- Satellite phone (mobile reception unreliable)
- ear plugs (snorers can be very loud)
- camera
- binoculars
- sleeping bag inner-sheet
- camp shoes (eg crocs, thongs)
- books/field guides
- cards/games
- notebook, pencil
- water filter or purification tablets
- bathers/swim suit
- personal identification

*First aid kit items

- emergency space blanket (for hypothermia)
- pressure bandages (for sprains/strains, snakebite)
- non-stick gauze dressings (for grazes/cuts)
- triangular bandage (for slings)
- butterfly clips (to close deep wounds)
- elastoplast (to secure dressings, prevent blisters etc)
- bandaids (for minor blisters and cuts)
- blister pack (for serious blisters)
- antiseptic cream
- insect repellent (leeches, mosquitoes, march flies)
- safety pins
- scissors

Packing the **right** equipment makes the difference between a good experience and a bad one. Be very efficient about what you pack. The lighter your pack, the more you'll enjoy the walk.



TOP 10 TIPS

- 1 Line your backpack with a large, sturdy waterproof packliner, then also pack your sleeping bag and dry clothes inside leak-proof plastic bags.
- 2 Regardless of how wet your walking clothes get, always keep a set of dry clothes for when you stop walking. It is impossible to warm up when all your clothes are wet.
- 3 Cotton and denim clothing soaks up water and is not suitable in wet weather. Thermal or woollen clothing is recommended.
- 4 Wear your clothing in layers.
- 5 Expect to have wet boots and socks. That's the nature of walking in Tasmania. Wearing gaiters is highly recommended.
- 6 In cold and wet weather, your body still needs water. Stop for regular drinks.
- 7 Keep something to eat in an accessible part of your pack, or in a coat pocket, so that you have food on hand in cold or wet weather.
- 8 Wind, rain and sun regularly occur all at once. Don't forget to protect your skin.
- 9 The wind chills. Your raincoat will keep you warm in windy conditions.
- 10 Hat, raincoat, gloves, sunscreen and sunglasses: keep these items in readily accessible parts of your pack. Take them with you when going on side trips.



How heavy is your pack?

The average weight pack for walkers is 15-18kg (this weight includes 2 litres of water). Avoid carrying more than 1/3 your body weight (if you weigh 60kg, you should not carry more than 20kg).