

# Overland Track 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 (Cradle Mtn-Lake St Clair 1:100 000 TASMAPP)
- Overland Track guidebook 'One walk, many journeys'

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.



## 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

## 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 Overland Track 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).