

# ESSENTIAL GEAR CHECKLIST

## Kanangra to Katoomba

Clothing	✓
Waterproof jacket with hood attached. Must be seam sealed waterproof fabric; Gore-Tex, Hydronaute etc. <b>(available for hire)</b>	
1 long sleeved thermal top (merino, polypropylene, polyester)	
1 woolen/polar fleece jumper (wool, polar fleece, synthetic fiber)	
2 t-shirts (merino, synthetic preferred - no cotton)	
Walking shorts/trousers	
Sunhat	
Footwear	
Walking boots. Should be worn in but not worn out.	
2 pairs walking socks (wool or thermal)	
Equipment	
Backpack 70-90L (included)	✓
Waterproof pack liner 70L (included)	✓
Waterproof nylon pack cover (included)	✓
Inflatable sleeping mat - lightweight (included)	✓
Sleeping Bag - 3 seasons, down filled (included)	✓
3 season lightweight tent (included)	✓
Head torch with spare batteries	
Sunglasses	
Water bottle or water bladder - minimum 3 liters	
Personal Toiletries and First Aid	
Personal Toiletries - no soaps, shampoos etc.	
Personal first aid kit including tape for preventing and treating blisters, as well as any personal medications	
Optional extras	
Walking poles <b>(available for hire)</b>	
Camp trousers (tights, wool, lightweight)	
1 thermal bottom (merino, polypropylene, polyester) - <i>April - November months only</i>	
Down jacket	
Waterproof over pants (Gore-Tex, Millair or PVC coated Nylon)	
Camp shoes; thongs, crocs, etc. - lightweight	
Warm beanie and gloves	
Camera	
Ear plugs	
Swimmers + small towel	
Small towel or baby wipes for 'bird-bath' at night	