



## EQUIPMENT WHICH YOU MAY REQUIRE FOR AN OVERNIGHT BUSHWALK

- Backpack of about 50 - 60 litres
- Good walking shoes
- Tent with poles & pegs
- Ground Sheet (optional but recommended)
- Thermarest (or sleeping mat)
- Sleeping Bag
- Sleeping Bag Inner Sheet and sleepwear (both optional)
- Small Daypack (optional) if side trips are intended
- Backpack liner (optional but recommended if rain is expected or creek crossings are anticipated)
- Backpack Cover (optional but recommended if rain is expected)
- Sunscreen
- Insect Repellent
- Trowel & toilet paper (some walkers have found a snow peg to be more durable)
- First Aid Kit
- Raincoat (optional but recommended if rain is expected)
- Sunhat (Beanie for winter - optional)
- Sandals (optional for around the campsite)
- Thermal top and bottom (optional for winter)
- Polarfleece jacket or top (optional for winter)
- Extra socks (optional)
- Fleece Gloves (optional for winter, and/or, garden gloves if rough terrain or scrub is anticipated)
- Stove/Gas or fuel & matches (essential if fire restrictions are in place, optional if you wish to cook over open fire)
- Kitchen equipment (pot holder, billy, knife, spoon, bowl, cup)
- Torch (spare batteries optional - a good head torch has about 70 hours of light)
- Compass, maps & tracknotes if you intend to practice navigation
- Pencil & Notebook, pocket knife, whistle, Repairkit/needle Cord/small rope (all optional)
- Sufficient food and water for the trip
- Gaiters (optional - check with leader)
- Clothing to walk in (nothing good as your clothes will never be the same again!)
- If you wear glasses permanently, take a spare pair
- Any prescribed medication that you are required to take on a regular basis