



List of What to Bring:

- **Comfortable thick soled walking boots with good grip and proper ankle support.**
- **Walking pole with an adjustable lengthener and a rubber stopper over the metal tip. Not necessary for all folks but they do help with balance and give that extra bit of confidence.**
- **Softer shoes for wearing casually.**
- **Wide brimmed hat.**
- **Sunglasses.**
- **Sunscreen lotion.**
- **Long pants, preferably loose fitting, lightweight and quick drying.**
- **DO NOT BRING JEANS TO WALK IN.**
- **Rain jacket, preferably one with a zipper up the middle and one that is long enough to cover the upper thigh region.**
- **Short pants, preferably lightweight and quick drying.**
- **Long sleeved shirts, loose fitting and quick to dry.**
- **Several pairs of walking socks, preferably ones that cushion the areas of the feet that receive the greatest amount of friction and rubbing.**
- **T-shirts or something you can wear casually after the day's activity.**
- **Thermal top and bottom for all trips except Kakadu.**
- **Woollen or propylene hat (beanie) for all trips except Kakadu.**
- **Gloves for all trips except Kakadu.**
- **Swimmers/bathers for most trips (not guaranteed to be needed on our Alpine forays).**
- **Towel.**
- **Torch.**
- **Shower footwear ie. Thongs.**
- **Sandals for river crossings or where tracks are likely to have sections covered in water, such as Croajingalong, Tarkine and Snowy Mountains.**
- **Personal effects such as medication, bathroom needs and reading material.**
- **A soft bag as your piece of luggage is preferable to a solid sided suitcase.**
- **Joining us at the start of a trip with a small bottle of drinking water allows you to stay hydrated on the coach.**