

Gear List (Underlined>=Tramp Category)

=Essential ○=Winter ✧=Alpine ⊕=Optional ●=Tenting/no potable water

Individual Equipment (Multi-day tramp)

- Tramping Pack and pack liner/rubbish bag if not waterproof
- Sleeping Bag (*At least -5 comfort rating in winter. Optional liner and emergency bivvy*)
- Torch (*Head mounted preferable*) plus spare batteries
- Emergency kit (Sharp knife, small LED torch, whistle, emergency bivvy, matches)
- Toilet Paper Roll
- Towel, Tooth Brush / Tooth Paste, soap, sunblock, insect repellent
- Personal medication e.g. asthma inhaler (*Must be stored in pack lid top pocket*)
- = Bed roll or inflatable mat
- = Little Lucifers for starting fires
- ✧⊕ Crampons, Ice Axe, Rope, sunglasses, Snow shovel
- ⊕ Walking poles
- ⊕ Cards, writing pad, sunglasses, pen, camera, book, kindle, other games, cell phone

Clothing (*packed in rubbish bags*)

- 2 x Polypro, polyester or Merino Top. 1 long and 1 short sleeved. (*Base layer*)
- Fleece Jacket (*Mid layer*)
- Water Proof Jacket
- ⊕ Waterproof over trousers (*Outer layer*)
- 2 x Underwear min (*1 pair per 2 days*)
- 1 x Polypro, polyester or merino Long Johns (*Long Johns & shorts better than longs when walking*)
- 2 x Shorts (1 can be swimming togs)
- Fleece Longs for hut/tent site (*optional summer*)
- 2 x Tramping Socks min – Woolen (*1 pair per 2 days*)
- Boots or solid trainers
- ⊕ Camp shoes (*Water shoes, jandals or slippers are good*)
- Warm Beanie (*Winter*), Sun Hat / Cap (*Summer*)
- gloves
- rubbish bag for dirty or wet clothes

Food/Cooking

- Drinking Bottle or a hydration pack like Camelbak for your pack. (*2L/day*)
- tea towel (& pot scourer & detergent if doing more than boiling water)
- Bowl, mug, cutlery (*Can get by with just a spoon depending on what you cook*)
- Pots / Billy
- Matches / Lighter
- Cooker and Fuel
- Rubbish bag for food wrappers.
- Food. Enough for each day including snacks. (*Always take 1 extra day's food for emergencies*)

Group Equipment

- At least one of Satellite Phone, PLB or Mountain Radio.
- First Aid Kit (*Plasters, antiseptic cream, panadol, anti chaffing, etc.*) One kit/8 people.
- GPS & spare batteries or Compass and Map or a phone with GPS & maps & a powerbank
- Hut tickets, route map, intentions forms, RAMS, participant & Medical registers.

Other

- ⊕ Pack of cards, writing pad, sunglasses, pen, camera, book, dice and yahtzee pad, contact lenses
- ⊕ Walking poles
- = Tents
- = Water filter, pruning saw and trowel for toilets