

WHAT EQUIPMENT TO BRING ON YOUR FRENCHMANS CAP TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Frenchman's Cap Trek. The gear check prior to your departure from Launceston will ensure that you have covered all aspects of the required gear without over packing.

E indicates essential item of equipment
H indicates available for hire

Clothing	Equipment	
Rain jacket with storm hood attached. Must be seam sealed waterproof breathable fabric (Gore-Tex, Millair or Hydronaute). We recommend mid thigh length with full front zip opening which must have a storm flap. E, H (\$40)	Back pack 70-90L with waterproof pack liner E, H (\$40)	
Waterproof over pants (Gore-Tex, Millair or PVC coated nylon) E, H (\$20)	Waterproof nylon pack cover E	
2 Woollen/polar fleece jumpers - must be wool or synthetic fibre E	Inflatable sleeping mat - light weight E, included	
2 Long sleeve thermal tops (polypropylene, wool, polyester power dry, Daymart) E	Sleeping bag - 3 seasons down E, H (\$50)	
1 Long thermal pants (polypropylene, wool, polyester power dry, Daymart) E	Small packable day pack for those days when exploring from base camp	
2 T-shirts/Long sleeve shirts	Twin share tent E, included	
Warm trousers - must be wool or synthetic fibre	Head torch with spare batteries E	
Walking trousers	Sunglasses	
Walking shorts	Water bottles or water bladder - minimum 2 litres E	
Walking socks - 3 pairs wool or thermal E	2 Heavy weight garbage bags or dry bags for waterproof storage E	
Warm gloves or mittens E	Small pack towel	
Sun hat E	Gaiters - knee length essential for keeping mud from boots and leg protection E, included	
Balaclava or warm beanie E	We provide all catering equipment including cutlery, cups, plates, bowls E	
Underwear	Personal Toiletries and First Aid	
Swimmers	Personal toiletries (please do not bring soaps or shampoo)	
	Insect repellent cream (please do not bring spray repellent)	
Footwear	Sunscreen and lip balm E	
Boots must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole. Ideally boots will have a waterproof lining or for full-leather have been waterproofed. They must be well worn in but not worn out. E	Personal first aid kit with tape for treating and preventing blisters and any personal medication. All this should be carried in a waterproof and knock proof container. E	
Light weight sandals, thongs, or shoes for around camp		
	Optional Equipment	
Please contact us with any questions.	Camera	
	Walking Poles H (\$20)	
	Book	