

WHAT EQUIPMENT TO BRING ON YOUR SOUTH COAST TRACK TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the South Coast Track adventure. The gear check prior to your departure from Hobart 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 (\$50)	Back pack 70-90 litres E, H (\$60)	
Waterproof over pants (Gore-Tex, Millair or PVC coated nylon) E, H (\$30)	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	Head torch with spare batteries E	
2 T-shirts/Long sleeve shirts	Sunglasses	
Warm trousers - must be wool or synthetic fibre	Combination of water bottles & water bladder - minimum 3 litres E	
Walking trousers	2 Heavy weight garbage bags or dry bags for waterproof storage E	
Walking shorts	Tent E, included	
Walking socks - 3 pairs wool or thermal E	Gaiters - knee length essential for keeping mud from boots and leg protection E, included	
Warm gloves or mittens E	We provide all catering equipment including cutlery, cups, plates, bowls E	
Sun hat E	Personal Toiletries and First Aid	
Balaclava or warm beanie E	Personal toiletries (please do not bring soaps or shampoo)	
Underwear	Insect repellent cream (please do not bring spray repellent)	
Small pack towel	Sunscreen and lip balm E	
Footwear	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	
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	Optional Equipment	
Light weight sandals with straps, or shoes for around camp	Camera	
	Book	
Please contact us with any questions.	Walking Poles H (\$20)	