

Equipment Check-List

You must bring the essential items.

Only the smaller items are 'suggested'



Essential Items

- Rucksack (not a travel pack. It must also have a well padded waist belt)
- Sleeping bag (must be rated at or below 0°). A liner will also add warmth.
- Sleeping mat (foam or self-inflating)
- Tent (share if you can, are warmer, get you away from snorers and keep the bugs out)
- Stove, matches and fuel
- Whistle
- Bibbulmun Track Map (and accompanying Guidebook)
- Light weight and small torch (head torch preferred)
- Pot scrubber/chux
- Water bottle or bladder (you will usually need 2L minimum, best to have 2 x 1L bottles rather than one 2L)
- Water purification tablets (puritabs/ aquatabs, micropure) available from outdoor stores/pharmacy
- Personal rubbish bag (for food, wrappers etc)
- Personal first aid kit (with required medication, band aids, RockTape, Fixomul (or other blister kit)
- Sanitising gel
- Toilet paper (a whole roll is not always necessary). You are expected to carry your own.
- Cup, or mug, bowl and spoon (knife and fork only if you need them)
- Large plastic bag for waterproofing inside the backpack (weather dependent) or use individual water proof stuff sacks.

Clothing

- Boots or sturdy shoes - worn in and comfortable
- Socks, two to three pairs (some people also wear thin inner liners)
- Long trousers - loose and tough, cotton/synthetic –avoid denim
- Long-sleeved top, cotton/synthetic, or collared shirt
- Warm jacket, wool or polar-fleece
- Sun hat (baseball caps don't protect your neck)
- Raincoat (rain trousers are optional but rarely needed)
- Night change clothes - thermal u/wear and light weight top and bottom
- Underwear/thermals
- Shorts, cotton/synthetic, loose fitting – no denim
- Beanie, headsox or scarf, gloves if you feel the cold

Small items (not all may be needed)

- Compass
- Personal toiletries (keep minimal), lip balm,
- Insect repellent and Sunscreen
- Plastic trowel
- Small towel and/or face cloth
- Walking stick
- Money (no coins)
- Camp shoes eg lightweight sandals/crocs
- Ear plugs
- Umbrella (small enough to fit inside pack and lightweight)