

# Multi-Day Expedition Walk Guided: Equipment Checklist

Items listed as **“can buy at SMBC”** are discounted for walks participants up to 20% off

## Gear/Clothing

- Shell Jacket: waterproof, breathable with hood
- Shell Pants: waterproof, breathable
- Mid Layer: fleece top, max 200 weight (synthetic)
- Insulation Layer: down or synthetic jacket
- Thermal Top & Bottom (lightweight synthetic, long sleeve - no cotton)
- Bushwalking Pants: nylon or soft shell, lightweight quick dry
- Long Sleeve Collared Shirt - nylon quick dry type (no shorts!)
- Hiking Boots: see Equipment Guidelines
- Gaiters...**supplied if needed**
- Gloves: fleece or soft shell
- Socks wool blend best

## Head/Neck Ware

- Beanie
- Neck Buff: sun & wind protection
- Sun Hat / cap: essential item
- Sunglasses: must have in winter

## Comms & Camera

- Phone/camera
- Battery bank

## Personal Items

- Back Pack, at least 70Lt volume...**supplied**
- Pack Cover...**supplied**
- Pack Liner...**supplied**
- Headlamp & spare batteries
- Water Bottles: 2 x 1 Litre Nalgene type...**can buy at SMBC**
- Fly Veil: December - February...**can buy at SMBC**
- Microfiber small towel
- Watch
- Foam ear plugs, snorers & wind **RECOMMENDED**
- Sit mat...**supplied**

## Sleep & Shelter

- Tent & pegs...**supplied** enough pegs to stake all points & all guy ropes!
- Sleeping bag...**supplied**
- Inner sheet...**can buy at SMBC**
- Sleeping mat...**supplied**
- Pillow, lightweight...**can buy at SMBC**

## Kitchen

- Bowl...can buy at SMBC
- Mug...can buy at SMBC
- Spoon x 2...can buy at SMBC

### Extra Overnight Clothes

- Spare thermals top & bottom synthetic: medium - heavy weight
- Spare socks x 2: wool blend
- Underwear x 2: not cotton

### Personal First Aid Kit

- Blister Kits & First Aid Kits...can buy at SMBC
- Band-aids
- Antihistamine
- Paracetamol & Ibuprofen

### Hygiene & Health

- Sunscreen & lip balm
- Toothbrush + paste
- Personal medications
- Water treatment tablets...supplied

### Toileting

- Toileting system...to buy at SMBC
- Sanitary needs
- Hand sanitiser, small size

### Optional

- Fleece Trousers 100-200 weight
- Hiking Poles: 1 or 2 is okay: increases balance & stability, great for off trail, water crossings, sore knees & descending & ascending,
- Multi Tool
- Notepad & pencil
- Small amount of wet ones in zip lock bag
- Insect repellent, small amount
- Camp shoes; lightweight ie Crocs (no thongs)
- Bandanna: great for summer as a cooling neck tie!

### Food

- Lunch & Snacks for day 1 up until dinner time: easy to eat prepared foods ie bread rolls, protein energy bar
- Have a good breaky that morning!
- SMBC will provide all foods from Day 1 dinner onwards

### SMBC Supplied

- Backpack
- Tent
- Sleeping Bag
- Sleeping Mat

- Sit Mat
- Gaters if required
- Dry Sacks
  - Pack Cover
  - Pack Liner
  - Sleeping Bag
  - Clothes
  - Food

### **SMBC Purchase**

- Pillow lightweight packing style
- Water bottles
- Blister Kits & First Aid Kits
- Fly Veil
- Insect repellent
- Inner sheet
- Bowl, Mug, Cutlery
- Toilet Kit...**must buy at SMBC**