

## Gear List Day Walk (Summer)

To ensure you have an enjoyable experience it is important that you have the correct equipment & clothing for a memorable day walking in the alpine zone.

The weather in the alpine can vary greatly in summer from hot & dry to sub zero & snowing. Whilst the vistas are breathtaking it is very exposed with little to no shelter & often windy, at times very strong!

We will do a gear shakedown before starting out to ensure you have the correct equipment & aren't overburdened by unnecessary or unsuitable gear including your backpack. The guide has the final say on necessary equipment.

Regardless of the forecast the following is our essential gear list.

### Gear to bring for a Day Walk

- Back Pack, at least 25Lt volume...[SUPPLIED if needed](#)
- Shell Jacket & Pants: waterproof, windproof, breathable
- Insulation Layer: a packable down or synthetic jacket
- Mid Layer: fleece top (synthetic)
- Light Thermal Top & Bottom (no cotton)
- Bushwalking Pants & Long Sleeved Collared Shirt (no cotton, no shorts!)
- Hiking Boots & spare socks: see below
- Gaiters: [SMBC SUPPLIED if needed](#)
- Gloves & Beanie
- Sun Smart: Hat / cap (essential item), sunscreen
- Sunglasses
- Water Bottles (at least 1.5 Lt)
- Lunch & Snacks: easy to eat prepared foods ie bread rolls, protein energy bars, chocolates, trail mix
- Personal medications
- Emergency Kit: SMBC supplied

### Optional

- Hiking Poles, 2 is best: increases balance & stability, great for off trail, water crossings, descending & ascending & managing fatigue.
- Insect Repellent
- Fly Veil: *highly recommended for keeping the flies away*
- Small microfibre pack towel
- Neck Gaiter: sun & wind protection
- Spare Socks
- Bandana: managing sunburn & cooling the neck

## Clothing

It's best to have layers so you can regulate your comfort level according to the weather & your level of exertion. Do not wear cotton as it holds moisture & can lead to hypothermia.

1. Next to skin thermal layer top & bottom
2. Adventure/Bushwalking shirt & pants: fast drying, soft shell pants okay, no shorts!
3. Mid layer fleece, not a cotton hoodie
4. Shell jacket & pants: must be waterproof, windproof & breathable

Wrist to ankle clothing will prevent sunburn & protect you from the strong UV in the alpine. Shorts are not suitable\*

## Footwear

Comfortable worn in footwear is essential! Ideally sturdy waterproof gore tex or full grain leather lace up hiking boots with a good tread i.e. Vibram soles. Mid or low cut hikers will also work. Runners won't offer enough support if walking off trail & are unsuitable for gaiters which are recommended for off trail walking.

## \*Note

On low wind days the march flies can be very bothersome, it is advised to wear wrist to ankle cover! Shorts are not suitable!