

## **WALKING TOURS TASMANIA** **DAY WALKS - WHAT TO TAKE**

### **DAY WALKS:**

**Walking Boots** - we insist on walking boots for all our walks as these provide better protection & more support particularly around the ankle. We think leather is best, but some of the high-tec fabrics & materials are also suitable. However, they should preferably be waterproof, have a “grippy” sole with a good visible tread pattern. Please make sure your boots are well worn in prior to your walk. Walking shoes, trainers & sand shoes are **NOT** suitable.

**Gaiters:** \* – although not necessary for all our walks if you have some bring them with you. In wet areas, grass (particularly when it has seeded) & during the ‘snake’ season they are an added safety item.

**Waterproof over trousers:** \* (sometimes known as ‘Overpants’) – these are an essential part of your outer ‘shell’ clothing.

**Rain-Jacket (Anorak):** \* - ¾ length, fully waterproofed nylon, gortex or oiled japara with a hood. Cotton lined jackets are not suitable.

**Hat:** - Sun hat + beanie (in winter wool balaclava is recommended)

**Gloves:** – Tasmania’s climate can get cold (even in summer) so a pair of woollen mitts or gloves are an extra luxury.

**Walking Trousers:** – these should be a light weight, quick drying material. In cold conditions ‘thermal long johns’ can be worn underneath. Jeans & other cotton fabrics are **not** suitable. If you wish to wear shorts, then long trousers **must** be carried. In addition, as your legs are more venerable to scratches, insect bites & the potential for a snake bite **we recommend you wear gaiters with shorts.**

**Warm Jumper(s):** – From my experience having worn polar fleece & other man made fibres I have in the past few years gone back to carrying two light weight good quality wool crew neck jumpers. These give far better control of body temperature using multi-layer technique rather than one garment that is often too hot.

**Day Pack** \* – large enough to put all items that you need to carry with you. Line it with a waterproof plastic bag or purpose made ‘sack liner’ as no pack is completely waterproof. A hip belt is a useful addition & makes the pack more comfortable when loaded

**Water Bottle.** (At least one litre)

**Sun Screen.**

**Small torch** (for emergency use)

**Small First Aid Kit.** (Our guides will carry a comprehensive kit as well)

**Whistle.**

**Cup or a Mug** (Your guide will carry a stove & provide hot drinks)

**Essential Medications** (If you normally carry medications such as a 'asthma puffer', then you must have this with you.)

**Hygiene** As we will be some distance from toilet facilities it is suggested that you also take your own toilet paper & an alcohol based hand wash. Your guide will carry a small trowel.

***OPTIONAL ITEMS:***

**Camera, note book**

**\* Those items with an asterisk are available to hire at a very modest fee if you do not have them. Please advise us when booking.**