

WALKING TOURS TASMANIA

MULTI - DAY WALKS - WHAT TO TAKE

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.**

MULTI-DAY WALKS:

(Walks that include overnight accommodation)

PLEASE READ THIS IN CONJUNCTION WITH THE LIST ABOVE

Rucksack. A slightly larger pack is required.	Use an internal framed type of between 35 & 50 litre (dependant on age, gender & weight) Ensure the pack is designed for your height with suitable adjustments. No pack is completely waterproof; line it with large polythene bag.
Water bottle or Hydration unit	In some dryer areas in summer you may need to carry up to <u>2 litres</u> of water.
Toilet gear	See “Hygiene” in above list.
Hand washing	A small tube of antibacterial water free hand cleanser is better than soap in sensitive wilderness areas & where water is limited.
Small pocket knife	
Spare boot laces	
Socks	Two pair, wool or wool blend loop stitch. Wearing two pairs in your boots helps to avoid blisters.
Spare track pants	Or similar (Carry with your spare clothing on bus)
Shirt	Preferably long sleeved (cotton OK in summer)
Thermals	Top & bottoms (carry in bag, even in summer)
Insect Repellent	Sometimes needed in warmer weather.

NOTE:

Clean clothing & casual clothing & toiletries for your overnight accommodation can be packed in a small suit case. This will be carried in the accompanying vehicle to your overnight accommodation.