

## **GEAR LIST**

We recommended you wear layered clothing especially lightweight wool or breathable polyester. Cotton clothes, like jeans, become heavy when wet, are hard to dry and can make you very cold.

We can supply a 40-litre backpack, Gore-Tex jacket, gaiters and walking poles for no extra charge. If you are using one of our backpacks, separate out your wukalina Walk gear before arriving at the Elders Centre so it's ready to go straight into the pack.

You will be carrying your own personal belongings on the hike so pack as lightly as you can. Please bring:

- small daypack for shorter walks
- head torch & spare batteries
- water bottle with at least one-litre capacity
- worn-in hiking boots with ankle support
- sports tape or blister wool
- 2-3 pairs of good quality walking socks plus 1-2 pairs of lightweight socks
- 2-3 pairs of quick-dry hiking shorts, trousers or hiking skirts
- 2-3 shirts and/or t-shirts (merino or quick-dry equivalent) including something longsleeved for sun protection
- · cap or sun hat and sunglasses
- beanie (and even a scarf/buff and gloves) for colder days and evenings outside
- · warm fleece or lined windproof jacket
- waterproof trousers
- down/puffer jacket or vest
- sleepwear, such as long thermal underwear or something lighter
- comfortable casual clothes for evenings
- lightweight casual footwear such as sandals or slip-ons for around camp
- general toiletries apart from shampoo, conditioner and soap we provide biodegradable products
- we carry sunscreen but bring your own if you have a preferred brand
- regular medication
- water shoes (optional)
- swimwear and quick-dry towel (optional)
- medium-sized backpack (optional)
- waterproof jacket (optional)
- short or full-length gaiters (optional)
- walking poles (optional)
- travel stool (optional)
- camera equipment (optional)
- sketch pad, notebook and drawing materials (optional)
- mobile phone charger (limited charging points at krakani lumi).