

# 16 Day End to End Trek Itinerary & Information

## Trek Larapinta's 16 Day End to End

The Larapinta Trail provides walkers with an unequalled opportunity to take in the special wild places of this ancient and fascinating landscape. It crosses a variety of spectacular terrain, from high ridgelines, open savanna country and sheltered gorges. It's a special place for us, and it's a privilege to live, walk and share the experience with you.

Our Larapinta Trail End to End trek is a 16 day wilderness adventure. Our itinerary has been designed so we walk the entire length of the Larapinta Trail, all 223kms.

You will only have to carry the things you need for the day in a day pack whilst your two experienced guides take care of all the logistics. Our freshly prepared meals are a highlight of the trek, your guides will surprise and delight you with their culinary skills. We select our guides for their unparalleled knowledge of the Larapinta Trail and ability to work together with you to showcase this spectacular wilderness walking trail, in a safe and supportive environment.

**Our style of walking** is to take plenty of time to enjoy the birds, plants, animals, scenery and the joy of being in the wilderness. We don't race from A to B, that way we enjoy both the challenge *and* beauty of the trail and surrounds. There is plenty of time to take a few photographs, sit down occasionally for a cool drink, ask questions about what you've seen, or just be.

**The Larapinta Trail** is part of a strong, ancient and fascinating landscape. For us the trail provides an avenue to be here in the land and feel enriched by this experience. We want to walk so that we stay open to the wider experience of being here.

**Fitness:** All our tours require a medium to high level of bushwalking/walking fitness. As the Larapinta Trail becomes more popular the perception of its difficulty decreases. This however is not the case. The trail remains unrelentingly rocky and hard underfoot and weather extremes can be experienced at any time of year, so the more prepared you are the more you will enjoy the experience. More information on preparation is included in the following pages.

**In the following pages** there will be information on the itinerary, what equipment you need to bring, what we supply and general information to consider for your 16 day trek.

Please read through the information carefully and don't hesitate to contact us at [info@treklarapinta.com.au](mailto:info@treklarapinta.com.au) with any questions you may have. We also recommend reading the information NT Parks and Wildlife provide on the Larapinta Trail at: <http://www.parksandwildlife.nt.gov.au/parks/walks/larapinta/walking#.UZrCfLW1cgA>

Group size: We have a maximum group size of **8** on all our End to End Larapinta Trail Tours.

See the Booking Form for conditions and payment details.

## End to End Itinerary

**Pick up** in Alice Springs from your hotel at 7.30am on Day 1.

**Drop off** in Alice Springs at your accommodation around 5pm on Day 16.

Although we endeavour to run the trip as per the itinerary, changes may occur due to weather conditions or other factors outside our control. Please use the itinerary as a guide only.

## Description

### Day 1, Section 1:

We begin our adventure on the Larapinta Trail at the historic Alice Springs Telegraph Station, the official start of this incredible 223 kilometre wilderness journey. Our first morning is spent following the old telegraph line through the ancient granite rock country, north of Alice Springs. We cross the Ghan Railway, trek through dry riverbeds and along high escarpments to the top of Euro Ridge, where we enjoy a delicious fresh lunch overlooking the Alice Valley and the vast MacDonnell Ranges. The trail heads downhill to Wallaby Gap where hopefully we encounter some of its well hidden inhabitants. Our camp, a refreshing drink and a comfy chair aren't too far away. The afternoon is spent relaxing, spotting the abundant birdlife that lives around camp, setting up a tent and enjoying our first dinner together. As the evening light changes over the surrounding ranges we recount our first day's highlights and discuss tomorrow's walk, before going to bed under a ceiling of millions of stars.

Each morning begins with a big healthy breakfast, freshly brewed coffee/tea before packing up camp and heading back onto the trail.

### Day 2, Section 1:

We spend our second day completing section 1 of the Larapinta Trail, taking us past the Scorpion Pools, through large stands of Mulga woodland and many other flowering plants; before climbing up into Hat Hill Saddle. The views from here reveal our first close vistas of the rugged Chewings Range, a mountain range that we get to know very well in the coming days. After finishing our walk at the stunning Simpsons Gap, we visit the award winning Alice Springs Desert Park to learn more about the local flora and fauna of this magnificent region. Camp tonight is at Wallaby Gap.

Splitting section 1 of the Larapinta Trail in half and making two easier days gives us a chance to get our legs warmed up, become more familiar with the surrounding environment, and eases us into the trail.

### Day 3, Section 2:

Setting off early from Simpsons Gap (Section 2), we enjoy a long day over easy to moderate terrain taking us to the beautiful gorges of Bond and Spring Gap. We arrive at our camp tonight on Jay Creek later in the day. The feeling changes out here as we start to enter more remote country; there will be a certain stillness as we ease into the splendid isolation.

The next three days are regarded by most to be some of the



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most spectacular and rugged walking on the Larapinta Trail, indeed in the world.

## **Day 4, Section 3:**

An early start walking along the cool river bed of Jay Creek sees us setting off on Section 3, one of the trail's most spectacular sections and one of our favourites! Today's walk is considered to be one of the most challenging yet scenically rewarding sections of the Larapinta Trail. Made up of deep sheltered gorges, exposed saddles and steep climbs, we are dwarfed by massive quartzite ridges and treated to magnificent views of the surrounding Chewings Range. We finish the day passing through the iconic Standley Chasm on the way to our private camp nearby.

## **Day 5, Section 4:**

Climbing up an open valley in the cool morning air, surrounded by giant orange quartzite peaks, is just a sign of things to come on this very scenic section of the Larapinta Trail. As we rise above the landscape along the high ridge of Brinkley Bluff, we become some of the privileged few to behold this truly stunning view. After a well earned rest and a bite to eat, we begin our long steep descent down the mountain past Rocky Cleft to Stuarts Pass. The last hour sees us walking in the footsteps of the man after whom the pass is named, enjoying a relatively easy section, providing a welcome respite after the rough terrain we have just hiked. Camp tonight is at the remote and secluded Birthday Waterhole.

## **Day 6, Section 5:**

We start our walk this morning climbing through the spectacular Spencer Gorge, with its narrow red walls and rare plant life it's a place we could spend hours, but today is one of the hardest sections on the trail, so after a quick stop we push on. As we keep rising, our view back down the valley and the surrounding mountains is awesome and it's about to get even better. Arriving at the top of Razor Back Ridge we are treated to what our guides say is the ultimate view. After balancing our way along the ridge, our journey continues up Linear Valley to the majestic Hugh Gorge, where we will find our camp for tonight.

## **Day 7-8, Section 6:**

We spend two days completing section 6 of the trail earning a few well deserved easier days as we cross the Alice Valley. Slowly moving away from the Chewings Range, we lose sight of familiar ground and a new landscape appears as we pass through the Heavitree Range, taking our first few footsteps on younger earth. The first night's camp is at Rocky Gully with the second night spent at Serpentine Chalet bush camp.

## **Day 9, Section 7:**

Our journey continues today from Ellery Creek as we walk west along section 7, trekking beside the low dolomite ridges to Serpentine Gorge. Camp tonight is at Serpentine Chalet bush camp and we have the opportunity to explore the remnants of a pioneer tourism venture that was a long way ahead of its time.

## **Day 10, Section 8:**

Today sees us high up on the Heavitree Range, walking along one of the Larapinta's classic sections, slowly heading towards Counts Point. One of the highlights along the trail, (so good that Qantas helicoptered a children's choir up here!), Counts Point with its stunning views and incredible sense of space is a sensational place for a cup of tea and some quiet, deep breathing. Camp tonight is at Serpentine Chalet.

## **Day 11, Section 9:**

Our eleventh day sets off along section 9, the longest section on the trail. Although hard, it is a beautiful section of the Larapinta which meanders through long valleys and up onto the high ridgelines opposite Mt Giles, offering us magnificent views west towards Mt Sonder. Following some rock hopping through Inarlanga pass the trail winds along a creek bed lined with inland Tea Tree and swings west into open country, before crossing three saddles on the way to Waterfall Gorge. In the quiet of the gorge we take some time to reflect and appreciate this special place for the Western Arrernte people. Following a steep zig-zagging path out of the gorge we summit The Lookout at an altitude of 1,088 metres, a magnificent panoramic vista opens out in front of us - stunning views with all the highest peaks in the West MacDonnell Ranges on show. Descending through the foothills, the trail cuts through rolling limestone hills dotted with Red Mallees and Desert Bloodwood Trees. We camp tonight at our private and secluded eco-camp in the Ormiston region.

## **Day 12, Section 10:**

Today we walk section 10 of the Larapinta Trail, taking us from Ormiston Gorge to the historic Glen Helen homestead, situated on the mighty Finke River. The Finke is one of the oldest watercourses on our planet and is dotted with massive River Red Gums and is home to a splendid array of birdlife. Wildflowers have been blooming through this section over the past year, along with birdlife. 2016 should be another amazing time on this section of the trail. At the end of the day we have the chance to go for a swim in Glen Helen Gorge or the Finke River and enjoy a cold beer and a warm shower at the historic pub. We sleep tonight at our Ormiston region eco-camp.

## **Day 13-14, Section 11:**

Once we set off from the Finke River, we really start to feel our progression towards Mt Sonder, with each kilometre walked revealing closer views of this elegant desert peak. The wild flowers on this section are particularly beautiful and the giant River Red Gums stand tall and strong. Our second to last climb for the trek is the well named Hill Top Lookout. From here we can fully appreciate our final challenge and look back towards where our journey began. Our final night is spent at our Ormiston region camp.

## **Day 15, Section 12:**

The final day of the official trail through the mountains of



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Central Australia culminates in the challenging ascent to the summit of Mt Sonder, and the end of the Larapinta Trail. As we approach the top of our final climb the sense of achievement hits home, a vast 360 degree panorama of Central Australia surrounds us, rugged and yet from up here so very peaceful. Remote desert peaks stretch as far as the eye can see. The view north looks 100km into the Tanami Desert, to the east we see the majority of the Western MacDonnell Ranges and a large part of what we have walked in the past 15 days. To the south is the meteor crater of Gosse Bluff and to the west Mount Zeil, the Northern Territory's highest mountain. It is the only way to finish

such an amazing journey and is something remembered for a lifetime. Camp at Ormiston region camp.

## Day 16, Ormiston Pound Walk:

While not part of the Larapinta Trail, the Ormiston Pound loop walk is a must do side-trip for anyone that comes to Central Australia, and a spectacular and relaxing way to finish an incredible journey. It takes us up to the high escarpment overlooking this natural impoundment, before descending into the pound itself. We finish the loop by walking down the gorgeous Ormiston Gorge. After a big lunch we head back to Alice Springs, where we drop you off at your hotel between 4 and 5pm.

Pick up from your accommodation will be at 7.30 am.

Day	Section	From - To	Kms	Hrs	Grade
1	1	Telegraph Station – Wallaby gap (Camp at Wallaby Gap)	13.5	6	Medium
2	1	Wallaby Gap – Simpsons Gap (Camp at Wallaby Gap)	10.5	4	Medium
3	2	Simpsons Gap - Jay Creek (Camp at Jay Creek)	25	9	Medium
4	3	Jay Creek – Standley Chasm (Camp at Standley Chasm)	13	8	Hard
5	4	Standley Chasm – Birthday Waterhole (Camp at Birthday Waterhole)	17	9	Very hard
6	5	Birthday Waterhole – Hugh Gorge (Camp at Hugh Gorge)	17	9	Very hard
7	6	Hugh Gorge – Rocky Gully (Camp at Rocky Gully)	16	7	Medium
8	6	Rocky Gully – Ellery Creek (Camp at Serpentine Chalet)	15	6	Medium
9	7	Ellery Creek – Serpentine Gorge (Camp at Serpentine Chalet)	14	6	Medium
10	8	Serpentine Gorge – Serpentine Chalet (Camp at Serpentine Chalet)	15	7	Medium
11	9	Serpentine Chalet – Ormiston Gorge (Camp at Ormiston region site)	29	10-12	Hard
12	10	Ormiston Gorge to Glen Helen (Camp at Ormiston region site)	12	5	Medium
13	11	Finke River – Rocky Bar Gap (Camp at Ormiston region site)	15	7	Hard
14	11	Rocky Bar Gap – Redbank Gorge (Camp at Ormiston region site)	12	4	Medium
15	12	Redbank Gorge – Mt Sonder (Camp at Ormiston region site)	16	7	Hard
16	Extra	Ormiston Pound walk - Return to Alice Springs	8	4	Easy

Grading and description below is as per Northern Territory Parks and Wildlife Commission.

**Medium:** a narrow track which may be rough in places, with some climbing and descending.

**Hard:** a rough and narrow track with some steep and or long climbs/descends.



# 16 Day End to End Trek Itinerary & Information trek larapinta

An epic journey - a lifetime of memories.

The Larapinta Trail is one of the world's premier long distance walking experiences and Trek Larapinta's 16 day itinerary totally immerses you in the country, allowing you the time and space to fully appreciate and understand this spectacular place. Truly the trip of a lifetime.

*Although we endeavor to run the trip as per the itinerary, changes may occur due to weather conditions or other factors outside our control.*

*For fundamental safety, the group members need to be aware of each other's location whilst walking, remembering the old bush walking rule of 'keeping an eye on the person behind you'. This may require walkers to adjust their pace to the group. Faster walkers soon adjust to the joys of pausing in the shade, taking time to listen to the interpretative guide and absorbing the wonders of the trail.*

## Things to know:

### Flights

Please arrange your flights into Alice Springs at least one day before the trek starts and arrange your departure flights from Alice Springs at least one day after the trek finishes.

### 16 days in the Bush

16 days out here in the bush and on the trail is a great experience. Be sure that your boots are broken in and your personal equipment is in good shape.

Although we come together as individuals, we share the experience as a group. There is always time for personal space, but by helping each other out and showing consideration for your fellow walkers, we can ensure a rewarding experience for all. Your guides are always available to talk to whilst on tour to help manage the wellbeing of you and the group.

### What you carry

**Minimal weight:** Because you have two guides—one on the trail to carry safety equipment and one back at camp organising the logistics of the tour—you only carry a day pack for your walk.

**In your pack:** Most of the weight will be water to sustain you while walking in the Central Australian climate, which (apart from the very rare splashes of rain) is sunny and dry even on cold days. We recommend you carry at least 3 litres of water each day. In addition to water, you carry your lunch, whatever snacks you'd like for the day (supplied), a windproof/ rainproof jacket, warm layer and whatever personal items such as camera and binoculars, you'd like with you on the trail.

### Health and Fitness

You need to have a moderate level of health and fitness for the 16 day trek. The more physically ready you are the less

likely you are to sustain an injury. Please talk to us if you have any health issues or other injuries which may affect your time with us, and don't be afraid to see your GP for advice on participating on this trip before you confirm your booking.

The Larapinta Trail is physically hard and just because you are on a guided trek doesn't mean it gets any easier! So, be as ready as you can be. Engage in aerobic activity 3-4 times a week for at least 1 hour each session during the 3 months prior to your trip this might include walking, cycling, swimming etc.

Start to do some long bush walks as regularly as you can and do some full day bush walks with your pack weighing around 5-6kg to get your body used to walking with a load, starting at least 2 months in advance of the trek.

The Larapinta Trail is known for its unevenness and hardness under foot so make sure you do some walking over rough terrain (if you can find it). Feel free to talk to the Trek Larapinta staff about being prepared.

### Good meals all day

With sustaining food for breakfast, fresh & tasty meals for lunches, quality camp-cooked food for dinners and plenty of snacks for the trail, you are bound to enjoy your eating with Trek Larapinta. We provide plenty of fresh fruit and vegetables, real coffee and billy tea. We pride ourselves on our fresh and healthy food.

### Catering for dietary requirements

With notice, we can cater for vegetarians and meet medical dietary requirements.

For non-medical dietary preferences, please get in touch with us. We like to do what we can to cater for your needs, but because we're in a remote area and aren't able to restock while on tour, we do need notice and appreciate your consideration and understanding of these limits.

We pride ourselves on our fresh and healthy food.

### Alcohol

Our insurance restricts us from supplying or selling alcohol, so please purchase your requirements in Alice Springs the day prior to your departure. Please note there is no opportunity to purchase takeaway alcohol during your trek.

### Footwear

The surface on much of the trail is hard and rocky, with sharp quartzite. It is very tough on boots and feet and sometimes older footwear can crack, break or fall apart. It's good to get the balance of boots that are worn-in but not worn-out. If the boots are "worn-in", it will reduce the chances that you'll get blisters. But if the boots are "worn-out", they are likely to fall apart on the tough surfaces of the trail.

So it helps if you check your shoes well in advance of the walk. If they don't look certain to make the distance, it's helpful to buy a new pair at least a few months in advance and break them in properly prior to the trip. Retailers in quality outdoor-gear should also be able to give you good advice on buying new shoes. Your feet are likely to get hot rather than cold. Simple, good-quality leather or synthetic trekking boots or good-quality, low-cut walking shoes are fine. It also helps to have good quality socks to fit your footwear. We wear well-padded thinner style of Merino wool sock or a synthetic moisture-wicking sock.

Comfortable footwear for around camp such as sneakers or sandals are great. We like to wear Ugg boots during the cool evenings!

## Clothing

Temperatures do vary during the year (*see temp chart*). You will know your preferred walking attire, but, as a guide, always bring clothing that can protect you from the sun during your day's walk, like a long sleeve shirt with a collar, a hat and some sunglasses. Long pants (not jeans or cotton pants) are good to have on cooler days, but shorts are very handy for most of the year. Warm, lightweight jumpers for walking and a gortex style rainjacket and over pants are essential items should the weather come in. Ankle gaiters can help keep grass seeds and sand out off your shoes but are not essential (we wear the cotton ankle/sock protectors). Thermal layers are also very handy as they are light and warm. Think about the layering system when choosing your clothes.

For after the day's walk, casual clothing is all you need, plus some warm layers— including a beanie and gloves—for the chilly drop-off in temperature at night.

## Feet

The temperature within the boots and also the hard and uneven terrain can quickly cause blisters or exacerbate other foot problems. Before a walk like this, get any corns, calluses etc. seen to, and make sure problem nails are trimmed and all nails cut. Come prepared with some form of blister prevention and, if you are prone to blisters, always tape up before the days walk **“prevention is the cure”**. Your feet will be very valuable to you during this tour, and a little preparation can go a long way.

## What to know about water

Keeping yourself hydrated is even more important than keeping your feet blister free. Drinking enough water while walking will help you with the stamina and clear thinking you need to walk the trail. Please bring water bottles or a bladder such as a Camelbak to carry a **minimum of 3 litres** for the day walks. Even in the cooler months, the dry air can cause you to drink more than you realise. We can't stress enough the importance of keeping your fluid intake up.

## Our camp sites

Our campsites will vary throughout the trip, for the first 8 nights we will be in different remote bush locations. On the second half of the trail we use 2 base camps transferring short distances to the trail. The camp site at Serpentine Chalet is used due to its beautiful bush setting and it's centralised location between a number of sections which minimises transfer time. We are privileged to have been granted private use of sites within the beautiful Ormiston region, which we use for our last 5 nights. These camps are also located in a strategic location to minimise transfers and to fully immerse us into a remote bush setting.

There is a Total Fire Ban on the Larapinta trail, so we use camp sites away from the trail where, by permit, we are able to enjoy the delights of a camp fire. There will be a couple of nights where we are not permitted to have camp fires, due to National Park restrictions.

## Ormiston camp facilities

The camp sites in the Ormiston region are pristine natural area with no permanent structures, so anything we take in is taken out, either at the end of each trip, or the end of the season.

## Toilets

**At the Ormiston and Standley Chasm camps**, we set up a composting toilet at the start of the season. We then remove it and all the composted waste at the end of each Larapinta Trail season. Our composting toilet is simple yet comfortable, clean and private, with no smell!

**On the trail**, responsible and minimal impact bush toilet protocol is to ensure that you toilet at least 100m from any trail or watercourse (including the sandy banks of ephemeral rivers in these regions) and dig at least 15cm down to make sure that it can be covered in such a way to avoid visual pollution or its discovery by fossicking animals.

## Showering

The trail is arid and somewhat remote, so whatever water we wish to use we need to bring in ourselves. We have a simple bush showering area where you can strip off and pour some water over you at the end of each day Balinese style! Hot water is provided. Make sure you bring a towel and natural biodegradable soaps, if used.

## Sleeping:

**Swags and the sky:** whether you've slept in a swag hundreds of times or never before, we think you'll enjoy this part of being out on the trail. A swag is a foam mattress protected by canvas and, in it, we put bedding that's clean and cosy and warm. We also provide you with a tent if you wish, so you can sleep inside or out under a ceiling of stars. Sleeping bags rated to minus 5 are provided.

## What to know about swimming in waterholes

Phone: 1300 133 278 E-mail: [info@treklarapinta.com.au](mailto:info@treklarapinta.com.au)  
PO Box 29, Happy Valley 5159 South Australia  
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We can swim in some of the waterholes we come to. As part of responsible and minimal impact travel, we can't wash in them, and it's good to have a bit of a "bird bath" or "wipe off" beforehand, to remove sunscreens so we can avoid polluting these valuable drinking sources for animals in this desert land. The water can be a bit chilly, but it can be refreshing to take a plunge after walking for a day, so bring along some bathers as well as your towel.

## Staying in touch

Apart from some of the high ridgelines there is no mobile phone reception for the duration of your trip. There is a pay phone at Glen Helen which we can access at certain times during the tour. We carry a satellite telephone on all of our tours for use in emergencies.

## Cameras

We are able to charge most re-chargeable camera batteries through a universal charging device or you can bring your own charger (24 V or 12 V) and plug it into our sine wave inverter. Don't forget spare film or memory cards and other camera accessories you may need.

## Bags

You'll need a good quality day-pack with a comfortable harness and waist strap for walking and another, larger bag to hold all your other things back at camp. Large backpacks or other soft bags are easier for us to fit in the trailer than suitcases and also tend to be better suited to camping. We have limited space so the smaller your luggage bag the better. Enquire about leaving excess luggage at your hotel (preferred).

## Vehicle Storage

We don't have any facilities for vehicle storage. If driving to Alice Springs please arrange to leave your car at your hotel or other storage facility such as the airport.

## What to know about weather

Winter weather in Central Australia is near-perfect for walking. You predominantly enjoy sunny blue skies, but with the moderate temperatures of winter rather than the baking heat of summer. But when night falls, the temperature drops fast! So come prepared for warm days and chilly nights. The Larapinta can experience heavy rainfall periods so make sure you have a good working raincoat with you.

See the latest weather forecast: [http://www.bom.gov.au/nt/forecasts/alice\\_springs.shtml](http://www.bom.gov.au/nt/forecasts/alice_springs.shtml)

	Apr	May	Jun	Jul	Aug	Sep
Av. Max	28	23	20	20	22	26
Av. Min	12	8	5	4	6	10
Rainy Days	2	3	3	3	2	2

## Tour inclusions

All meals and snacks from lunch on Day 1 to lunch on Day 16 and all catering equipment.

All camping equipment including sleeping bag, swag, pillow, bed linen and top of the range spacious tent.

Small group with a maximum of 8 participants.

Transportation provided in commercially registered, expertly maintained 4WD vehicles, with hotel pick up and drop off.

2 Trek Larapinta professional wilderness guides.

Group first aid kit and satellite phone in the event of an emergency.

All camping and National Park fees.

Private campsite location.

Travelling with a locally owned, culturally and environmentally responsible business.

- **Tours do not include pre or post trip airfares or accommodation**

## Travel Insurance

Trek Larapinta recommends all travellers have adequate insurance/cover for their trip. Visit our website and receive a 10% discount on your insurance with QBE Insurance - for Trek Larapinta travel or anywhere in the world: [www.treklarapinta.com.au/Insurance.html](http://www.treklarapinta.com.au/Insurance.html)



## Pre/Post Trek Accommodation

When choosing Alice Springs accommodation pre/post trek, we recommend the Aurora Hotel; the only hotel located in the Todd Street Mall. It is clean, comfortable, centrally located and moderately priced.

Trek Larapinta has secured a 5% discount on accommodation for all Trek Larapinta guests for bookings made at the Aurora Hotel in Alice Springs. This is for bookings made directly on the Aurora Alice Springs website only - [www.alicespringsaurora.com.au/trek-larapinta/](http://www.alicespringsaurora.com.au/trek-larapinta/). To take advantage of this great offer use their online booking facility to check availability and enter the promotional code "trek" where indicated on their website and then click apply.



## What Items to Bring on Your End to End Trek

Day pack with waist harness (minimum 30L) and waterproof cover	Warm gloves	
Water bottles/ bladder (minimum 3L)	Beanie	
Walking shoes or boots	Warm jacket (down fibre, polar fleece, synthetic)	
Sunscreen	Baby wipes <i>optional</i>	
Sun hat	Prescription medicine	
Sunglasses	Insect repellent cream	
Rain / windproof jacket with storm hood attached. We recommend waterproof breathable fabric (Gortex, Millair, Hydronaute).	Toiletries - biodegradable soap and waterless hand sanitiser gel	
Waterproof overpants (Gortex, Millair, PVC coated nylon)	Head torch and spare batteries (essential)	
Warm jumper - woolen or polar fleece / synthetic fibre	Personal first aid kit - blister protection	
Comfortable walking attire (not jeans or cotton). We recommend light weight, quick drying materials.	A good book or two!	
Spare comfortable shoes or sandals to wear around camp	Sock gaiters <i>optional</i>	
Thermals - top and bottom (polypropelene, wool, polyester powder dry, Daymart)	Camera <i>optional</i>	
Warm trousers to wear around camp	Binoculars <i>optional</i>	
Swimmers and travel towel	Walking poles <i>optional</i>	

Table to be used as a guide only. Please contact us with any