Women’s Adventure ACT – Beginner’s Overnight Hike Packing List

**We provide\*:**

* Backpack & Pack Rain Cover
* Tent (your own – no sharing is required) & tent footprint (protection for the tent underfloor)
* Sleeping mat
* Sleeping bag
* Sleeping bag liner
* Mug and cutlery
* Headlamp & rechargeable battery
* Small waterproof bag (suitable for mobile phone/keys)

\*you’ll just need to let us know a week before, what of these items you’ll need to borrow

All our gear is modern, top quality and lightweight. We’ll customise your gear depending on your requirements.

**You’ll need to bring:**

1. Waterproof bag for your sleeping bag (garbage bag will suffice)
2. [Emergency whistle](https://www.wildearth.com.au/buy/ust-jetscream-floating-whistle-orange/20-300-01) (pealess)
3. [Emergency space blanket](https://www.officeworks.com.au/shop/officeworks/p/first-aiders-choice-emergency-thermal-blanket-tr24150)
4. [Thermals](https://www.uniqlo.com/au/store/women-heattech-crew-neck-t-shirt-4183250030.html?gclid=Cj0KCQjw6ar4BRDnARIsAITGzlDR8xh6Z0xvE7KgsD2QlUm604sLHcloTwrahYlEKNKzqY-SOMckR5IaAjb7EALw_wcB) (leggings and top - for sleeping in), in a small waterproof bag ([here](https://www.wildearth.com.au/buy/sea-to-summit-ultra-sil-ultralight-dry-sack-2l/auds2-p)’s an example of the type of bag to use)
5. [Warm jacket](https://www.macpac.com.au/womens/jackets-vests/fleece-jackets/macpac-kea-polartec-micro-fleece-jacket-%E2%80%94-womens/115610.html?cgid=womens-jackets_vests-fleece_jackets#start=3) (for the evening) [Fleece for spring/summer; Down for winter / autumn]
6. Beanie and gloves (for the evening / sleeping)
7. Sunglasses / sunhat / sun cream
8. Prescription glasses (if needed)
9. Decent rain jacket (e.g 2.5/3 layer gortex)
10. Toothbrush and toothpaste (put a few dots on some foil and let them dry out for a week, to save bringing an entire tube)
11. Lipbalm
12. Spare underwear
13. Spare pair socks
14. Toilet paper in a snap-lock bag (not an entire roll – enough for two days), and a pee-rag
15. Sanitary products and zip lock bag (you’ll need to carry out any used products)
16. Hand sanitizer
17. Medium rubbish bag (all rubbish must be carried out)
18. Small microfibre travel towel or chux cloth (for tent condensation / hygiene)
19. Personal medication
20. 2 x clear plastic 1L Nalgene Water Bottles (with water), or equivalent (e.g empty plastic coke bottles will do)
21. 2 litres of water for each day + hygiene and cooking water
22. Fully completed “In Case of Emergency Card”: (https://geticecard.com/)
23. [Food](https://womensadventure.net/f/14-no-cook-hiking-food-options):
	1. Snacks / [Breakfast / Lunch / Dinner](https://www.wildearth.com.au/brand/Campers-Pantry?kw=Shoes&rf=kw&gclid=Cj0KCQjw6ar4BRDnARIsAITGzlAFCPvO8vd072mOzyHfFuo69Qk6lTP5jyf3SJDHnapZxJtad-XQpmoaAmbBEALw_wcB)
	2. Tea / coffee / powdered hot chocolate drink
24. Personal first aid kit – at a minimum:
	1. Antiseptic wipe
	2. A couple of assorted bandaids
	3. A small assortment of blister treatments (e.g Rock tape blister / Fixomul / Moleskin stickers / Duct tape / Duragel blister cushions )
	4. 2 each of Ibuprofen / Panadol; 1 x Asprin
	5. 2 Antihistamines (non-drowsy)
	6. Oral Rehydration Salts
	7. Anti-diairrheal medication (Immodium or Gastro-Stop)
	8. Snake Bite Bandage (Aeroform or SetoPress brand)

 Note: we’ll have a group first-aid kit with other essential items.

1. Worn-in sturdy shoes (not necessarily hiking boots, but they need to support your feet and have decent grip)
2. Buff
3. A willingness to embrace discomfort 😊

**Group Items to Share:**

1. Gas stove
2. Cookware
3. Lighter / flint
4. Pan holder
5. Gas cylinders x 2
6. Toilet trowel
7. Folding sink
8. Dishwashing liquid
9. Chux cloth / scraper for dishes
10. Micropur water purification tablets
11. Water filter
12. Group First Aid Kit
13. Group GPS & PLB (Personal Locator Beacon)
14. Group Topographical Maps & Compass

\*we’ll also spread the carrying of these items amongst the group

**Optional:**

1. Change of clothes for the evening
2. Camp shoes (crocs are ugly, but perfect; hiking sandals are also suitable)
3. Small, inflatable camping pillow (or use the hood on a jacket stuffed with clothing)
4. Hiking /walking poles (great for hills and extra balance if you need it)
5. Camp [gloves](https://www.google.com.au/shopping/product/1?lsf=seller:100794174,store:3060599689586083346,s:h&prds=pid:11293071209065416728,oid:13072950426943338920&q=bunnings+gloves&hl=en&ei=U1oeXvSrHsrn9QOXu6_wBg&lsft=gclid:CjwKCAiA6vXwBRBKEiwAYE7iSyAsAkYkGtGyyEIlkFn-f0Dxdrwh1RU_NJOsQ5uDq_kCZLEb2b7jERoCwS4QAvD_BwE,gclsrc:aw.ds) (for collecting firewood, rock scrambling, etc)
6. Small [power bank](https://www.kogan.com/au/buy/anker-powercore-10400mah-black-a1214h11-anker/) (for recharging mobile phone or headlamp, if needed)
7. Wine (bring a platypus wine holder, not a bottle!) / group snack to share

**Don’t bring:**

1. Multiple sets of clothes – unless it’s going to be raining and/or snow is predicted, one set of clothes with maybe a spare t-shirt, is enough, although some people like to get out of their sweaty gear for the evening. A spare set of undies and socks is a good idea. Too many extra clothes are heavy and unnecessary, and take up lots of room. We’ll all be smelly, so don’t worry about it 😊
2. Jewellery – keep it simple, leave your nice stuff at home. Fitness watches are an exception (so long as they’re waterproof).
3. Perfume or body spray – the trip is about appreciating nature, so let’s enjoy keep the scents to natural
4. Books – Books are heavy, and you won’t likely have time to read. Your headlamp settings might not be dim enough to read with, plus you’ll use valuable headlight time trying to read. Keep the charge in-case you need a toilet visit in the middle of the night.
5. Whole bottles or tubes or packets of anything. Cut your portion sizes down into single-serve sizes or ‘enough for just the trip’ size. Use small ziplock bags, put individual portions of liquid into drinking straws sealed by a lighter flame
6. Your expensive DLSR camera – unless you’ve travelled previously in all kinds of weather with it, AND you have sufficient waterproofing. It will just be a heavy, under-utilised item that you wish you hadn’t brought.

**Do:**

1. If you’re needing to buy any of these items, look for decent second-hand brands first, until you’ve had a bit of experience with the gear. You might buy something expensive and change your mind about it once you’ve been hiking and tried the gear.
2. Ebay, Facebook marketplace, Gumtree, specailised gear sales Facebook Group and Recycled Recreation in Fyshwick all will have reasonable second-had items
3. Subscribe to gear provider emails: Wildearth, Snowy’s, Macpac and Mont and wait until they have are having sales. Macpac regularly have 40% off sales, so try not to buy until they have a sale on.
4. Women’s Adventure ACT regularly run Gear Information Sessions, were we will walk you through all the types of gear available, intraduce you to some of the ‘techhy speak’, so you’ll feel comfortable walking into gear stores with a much better understanding and knowledge about what to get.