

MANDATORY TREKKING GEAR LIST

Use this document as a guide for everything we suggest you bring on your adventure with you. We can supply your trekking, camping and hydration needs.

Please contact us on 1800 238 368 for more info about the trek gear we can provide

MANDATORY MEDICAL ITEMS (must be carried everyday)					
MEDICAL IT	ГЕМ		MORE INFO		
Paracetamol	1	Toothpaste			
Imodium or Prescribed Gastro Medication			4-6 x tablets		
Malaria Tablet	is 2	Roll on deodorant (odorless recomm Rolls of toilet paper	Prescribed by your GP and usually taken before departure to PNG		
Chorpheniran	niņe	\\/-t	Antihistamine tablets 6-10 tablets		
1 Wet ones Rehydration/ Electrolyte			4+ sachets		
Antiseptic Cre	2 eam	Small soaps (small soaps are best in o	ase you ose one in the fast flowing rivers)		
Antiseptic Wip	oe l s	Ladies hygiene products	10+ wipes		
Sting/ Bite Relief Creamntibacterial Hand Gel			1 x small tube		
Water Purification			1 x box tablets or device		
Band Aids			5+ mix sizes		
Bandage	1	70-75 litre (minimum) backpack	1 x crepe bandage (Compression Bandage minimum dimensions 7.5cm wide x 2.3m		
	1	Daypack	long unstretched)		
Strapping Tap	е	You do not need a daypack if you are	carrying your own pack		
Latex Gloves	1	2 person tent (included in Australian	-gd Traks)		
Blister Care	1	Groundsheet (big enough to go und	Ayour Compeed pads		
Micro Pore Tap	pe		1 roll		
Tweezers	1	3 leg stool (optional)	1 pair		
Needles	1	Sleeping bag (0 to +5 rating)	4 x 21g needles		
Medical Scissor\$ Self inflating mattress or foam roll		Self inflating mattress or foam roll	1 small pair		

Pillow (optional)

MANDATORY GEAR (must be carried everyday)					
GEAR ITEM	MORE INFO				
Appropriate race attire and footwear 1 Deep plate (big enough for cereal a	Clothing and trail/trekking shoes to suit				
Insect repellent1or CreMag (not glass)	Minimum 50% Deet content				
Sunscreen 1 Knife / Fork / Spoon	Minimum 30+ protection				
Capacity to carry 3L	Bottles or bladder				

2 Dry bags or waterproof bags for clothing



		MANDATORY GEAR (mus	t be carried everyday)
Food portions, snacks, Energy bars			Minimum 1500 calories per day
Light weight sleeping bag			Minimum temperature suited to 5 degrees Celsius
2 x Head lamp and spare batteries			The second headlamp can be a smaller back up
Compass	1	Toothbrush	The magnetic needle must settle quickly and point to magnetic North.
Survival whist	le 1	Toothpaste	
Glow sticks	1	Roll on deodorant (odorless recomm	2 x glow sticks with plus 8 hour life
Back pack wi	2	apacity to hold the mandatory gear	
1 x long light	welight	sl Mateothes mal top (polypropylene,	Cotton, Coolmax and lycra garments are
wool).	2	Small soaps (small soaps are best in o	NOT suitable. Compression garments and ਕੁਸ਼ਵ ਮੁਸ਼ੁਖ਼ੀ ਦੁਤਜ਼ਮਾ ਦਾ ਸ਼ੁਰੂ ਸ਼ੁਰੂ ਕੁਸ਼ਵ ਮੁਸ਼ੂਖ਼ੀ ਦੁਤਜ਼ਮਾ ਸ਼ੁਰੂ
	1	Ladies hygiene products	suitable. Compression garments may still be used in the race but they are in addition
	2	Antibacterial Hand Gel	to your mandatory thermal top and do not replace it.
fully taped (no hood	ot critica 1 1 1	2 person tent (included in Australian	A recommendation only for a good jacket is one that has a waterproof rating of over 20,000mm hydrostatic head and a breathability MVTR rating of 25,000g/m²/25hrs. Any non-membrane jacket carstingly a rown page d condition with waterproof coating intact. The jacket must Lety reks astic rain ponchos, wind jackets, water resistant jackets are NOT suitable.
Emergency In	1 structio	Groundsheet (big enough to go und	
Course map	an& set	of legiste old aptiairals	Provided by organisers
Water proof r	nap cas	^e Sleeping bag (0 to +5 rating)	
Race bib num	ber or v	vest Self inflating mattress or foam roll	TBC by organisers
Toilet paper/v	vipes		1 roll
Ziplock bag	1	Pillow (optional)	1 x for your personal rubbish
Hand Sanitize	r1-2	Walking poles - this is essential	1-2 small bottles

- 1 Head Torch (and spare batteries)
- 1 Deep plate (big enough for cereal and dinner)
- 1 Mug (not glass)
- 1 Knife / Fork / Spoon
- 2 Dry bags **or** waterproof bags for clothing



SUGGESTED GEAR (not mandatory but highly recommended)					
GEAR ITEM	MORE INFO				
Camp / night attire	Its recommended that these be light weight long arm and long leg wear				
Poncho					
Camp footwear	Dry pair for camp				
Spare socks 1 Toothbrush					
Compression tights/ solekthpaste	For recovery at night - We recommend CEP Sports Compression				
1 Roll on deodorant (odorless recomm Sport Sunglasses	ended)				
Recovery food /snacks Rolls of toilet paper	Protein / energy bars				
Comfort food/ shacks Wet ones	Sweets /confectionary/ chips /beef jerky				
Personal Hygiene Kits Small soaps (small soaps are best in o	aToothbriush bio-degradable soan etvers)				
Buff or headwear 1 Ladies hygiene products	Great for cooling with water and for warmth				
Gloves 2 Antibacterial Hand Gel	For handling branches and vegetation while on course				
Trekking poles	We recommend poles from Helinox Australia				
1 70-75 litre (minimum) backpack Eating Utensils	Bowl / fork/spoon/knife				
Light weight sleeping Paypack					
Gaiters Tod do not need a daypack it you are					
Sodium tablets 2 person tent (included in Australian	Led Ireks) 1-2 boxes				

- 1 Groundsheet (big enough to go under your tent)
- 1 3 leg stool (optional)
- 1 Sleeping bag (0 to +5 rating)
- 1 Self inflating mattress **or** foam roll
- 1 Pillow (optional)
- 1-2 Walking poles this is essential
- 1 Head Torch (and spare batteries)
- 1 Deep plate (big enough for cereal and dinner)
- 1 Mug (not glass)
- 1 Knife / Fork / Spoon
- 2 Dry bags **or** waterproof bags for clothing