



Equipment Checklist

Overnight Tent-Based Walks

We make almost everything you will need available (by default) so each group is outfitted to a similar standard. It's fine to bring your own alternative equipment, we can always store it for you if not eventually taken on the walk.

Our equipment list is fairly comprehensive, we can get snow and daytime temperatures not far above freezing even in mid-summer. Conversely, the UV rating is often extreme with any clear sunny day. While we use some of the lightest gear commercially practical, the following items (or alternatives) really do need to be carried:

Provided

Included and made available:

- Tent (twin share or single option)
- Groundsheet
- Backpack (internal frame)
- Mattress (insulated/inflatable)
- Down Sleeping Bag (-4°C rating)
- Sleeping Bag Liner (silk)
- Waterproof Jacket and Pants
- Head-Torch (LED)
- Water Bottle
- Mess Kit (bowl/plate/cup)
- Whistle
- Toilet Roll/s

Total Weight: Around 7kg

Other Options

Provided in outfitting:

- Insulated Jacket
- Over-Mittens/Thermal Liners
- Gaiters
- Crocs (camp 'clogs')
- Biodegradable Soap/Microfibre Towels
- Walking Poles
- Wash Basin

Winter Walks

We make available:

- Down Sleeping Bag (-9°C rating)
- Down Vest
- Blizzard Mitts
- Snowshoes

Day Walks

We supply a 25/30Litre backpack, big enough to carry a waterproof layer, warm layer clothing, water, snacks camera and other personal items. Additional gear as needed is made available (from the listings above). If lunch is planned during the walk a mess kit (bowl/cup) is included. The guides normally carry group shelter, cooking/lunch (where applicable) as well as safety, first aid equipment, etc.

Self-Guided Walks

Your choice from the lists above plus other necessary items will be supplied for self-sufficient camping
See [Self-Guided Packages](#)

Suggested Personal Items

Summer

You should bring:

- Walking Boots/Shoes (above the ankle support preferable)
- Socks x 3 pairs (synthetic or wool blend, one can be light 'liner' socks, another kept dry for the evenings)
- Long Pants (or shorts – synthetic fibres are best, something quick drying, not cotton)
- Additional Underwear – at least two sets of synthetic or wool blend thermal underwear (1 x day use (cold weather), 1 heavier full length additional/night use (or other warm layering options))
- Shirt or T-Shirt (synthetic/wool options better than cotton)
- Sunhat (baseball type or legionnaire style fits best under raincoat and with pack)
- Warm Hat (beanie)
- Toiletries (biodegradable soap provided – no shampoos etc. are recommended)
- Personal Medications/Sanitary Items*
- Camera (compact will likely get the most use)
- Sunglasses (polarised best for snow)
- Reading Material (electronic or small book)

Please bring any additional medications you may envisage needing in terms of tablets/medicines. Consult a doctor/chemist for a strong form of pain relief for your particular use and mention the activity (possible muscular or joint pain/injury). We would also suggest a medication to help with any possible allergic reaction from bites and stings as well as medications to deal with stomach ailments. Gastro is rare amongst our groups though something to combat diarrhea and dehydration makes the experience more bearable. Tour leaders carry other general emergency first aid supplies (and communications), insect repellent and sunscreen.

Winter

You should consider adding:

Additional heavyweight thermal underwear and some form of:

- Thermal pants and extra thermal underwear for evening use
- Balaclava