

PACKING LIST – ADVENTURES DOWN UNDER: TASMANIA AND SOUTHERN AUSTRALIA

FOOTWEAR

- 1 pair lightweight waterproof hiking boots with solid tread.
- 1 pair comfortable athletic shoes for cycling, casual wear, and to wear if your boots get wet.
- 1 pair of sandals for kayaking, bus or to wear in huts i.e. Keens, or Tevas/Chacos
- 3-4 pair socks: wool or synthetic equivalent (Thorlo, Smartwool, Ultrex, or Teko)

CLOTHING

- 1-2 pair comfortable, lightweight, comfortable hiking pants, at least one pair should be quick drying
- 1-2 pair shorts or 3/4 pants (lightweight and quick drying) or hiking shirt
- 1-2 lightweight, long-sleeved shirts
- 1 lightweight long underwear top and bottom
- 2-3 T-shirts OR sleeveless shirts; one can be cotton
- 1 medium weight layer such as fleece pullover or wool sweater
- 1 lightweight vest
- 1 wide-brimmed hat, visor, or baseball cap for sun
- Underwear / Pajamas or whatever you like to sleep in
- Rain jacket and pants (waterproof) Ponchos are not suitable.
- 2-3 changes of comfortable clothes to wear when going out to dinner; e.g. pants and/or skirts, blouses/tops
- Swimsuit – for kayaking and swimming opportunities
- Warm Hat and gloves

EQUIPMENT/ESSENTIALS

- Pair of Trekking Poles
- Passport and a photocopy of your passport - **must be valid for at least 6-months beyond date of departure**
- Sunscreen and lip block with SPF of at least 15
- Travel alarm/watch with alarm or watch
- Sunglasses (100% UV blocking) and retention strap
- Headlamp/small flashlight
- 2 liters water carrying capacity (water bottle or hydration system)
- Plug adaptor, Australian style. (VCT VP 103)

TOILETRIES (small everything)

- Toothbrush, small toothpaste, shampoo, moist towelettes, sanitary supplies and a zip- lock plastic bag, contact lens paraphernalia, hand-sanitizer, sun-block, insect repellent
- Personal “patch kit”/ medications. (See ‘notes on packing list’ for recommendations)
- Individuals allergic to insect stings must bring an epi-pen.**

OPTIONAL (not required, personal preference)

- Small journal and pen
- Camera and film/memory card
- Favorite snack(s)
- Ear plugs (for a good night’s sleep)
- Batteries/charger
- Shower shoes (like flip flops)
- Bandanna
- Short gaiters
- Wash cloth
- Compact binoculars
- A ‘string’ type backpack or fanny pack for biking
- Travel towel – bathroom towels are provided at all lodges. Also can be used for kayaking or swimming.

NOTE: You will be given a 50L pack for our Three Capes Walk

NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Daypack/Backpack: For the Three Capes trek portion of the trip, you will be given a backpack between 40 – 50 liters or approximately 2,400 and 2,800 cubic inches. The pack is large enough for your personal items and overnight supplies you will need. For the rest of the hiking, we recommend a daypack with a capacity of between 25 - 35 liters, or 1800 and 2400 cubic inches, large enough for all your items for the day. If your daypack is 2400 cu in or larger, it can serve both purposes. If you already have a daypack and it is smaller than 2400 cu in, you can bring it and use a larger pack for the overnights.

Please line your pack with a durable plastic bag to keep your belongings dry or ensure your pack has a cover. Before you leave home check to be sure that your pack is comfortable to wear all day and that there is space for all of your items. Having a daypack with padded shoulder straps and a hip belt will provide for much more comfortable hiking.

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general trekking, lightweight cordura or leather boots work well. Leather boots may be waterproofed in various simple ways, and cordura boots will be waterproof if they are lined with Gore-Tex. If you have weak ankles or are recovering from an ankle injury, get good quality boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain.

Personal First Aid Kit: Small first aid kit with familiar medicine you might need for personal use, ESPECIALLY blister or foot remedies like moleskin (not molefoam), gelskin, blister bandages or similar. The amount and kind you bring will depend on your tendency to blister but many people get blisters on hiking tours. Other suggestions: remedies for respiratory ailments? Stomach ailments? Sore muscles or joints? We will have a first aid kit too, but if you already know what works for you it's better to have it

Clothing: Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. You can use long underwear as your base layer, your mid-weight top or vest as your second layer, and your fleece jacket as a third layer. You use your rain gear as your outer layer, and warm hat and/or gloves as needed.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

Hydration: It is very important to your safety and enjoyment to have an *independent* ability for accessing your water. As you are hiking you will need water to be accessible in order to drink frequently. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are simply a collapsible water bag with a hose attachment that you drink from. These fit inside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Some models are designed to attach to the outside of your pack. Bladder bags can hold 40-100oz. of water.

Trekking Poles: Trekking poles are required for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, [click here to read this blog post](#) that addresses the most commonly asked questions.

If you will be purchasing trekking poles for your trip please make sure they meet the following guidelines:

1. Height of the poles can be adjusted
2. They have an upright (as opposed to cane-like) handle
3. Have wrist straps that can be adjusted.

- For a detailed description of considerations when purchasing a pair of trekking poles [please click here to read our blog.](#)

Please note: Trekking poles can be an expensive equipment purchase. If this is new to you, we suggest purchasing an inexpensive pair (eBay, or some of the big box stores can be a good source) or borrow a pair from a friend. During your trip you will have the opportunity to learn the correct technique to use them, practice with them and also see what others may have chosen. Once you've gained a bit of experience and you know that hiking is going to be a regular part of your life, you can make a more informed decision about whether you want to invest in the 'perfect' pair of poles.

Important note regarding luggage: Please follow the packing list closely to avoid excessive luggage. We recommend packing in a medium-size suitcase or duffel with wheels. You must be able to easily handle your own luggage keeping in mind that some hotels may not have elevators and negotiating stairs may be necessary.