This is a list of absolute minimum equipment / clothing you need to have with you on the track to protect you from exposure to cold, wet and windy weather. The Walker pack list (next page) details essential items needed to ensure you have a safe and enjoyable walk.

- **A quality tent** (3-4 season rating with inner and outer layer) or effective form of emergency shelter. Even if you plan to sleep in the huts, you must still carry a tent. The huts may be full, or injury/severe weather may prevent you from reaching the hut.

- **A good quality, warm sleeping bag** (kept dry in a waterproof bag) (minimum temperature rating -10°C)

- **Sleeping mat**

- **A good quality waterproof jacket** with storm front and hood (seam sealed and breathable fabric, Gore-Tex or similar)

- **Good quality waterproof over trousers** (seam sealed and breathable fabric, Gore-Tex or similar)

- **A warm fleece or woollen jumper** (not cotton) and **thermal base layers**

- **A warm hat** or **beanie and gloves**

- **Long pants** (quick dry fabric, not denim jeans) or **shorts and thermal long pants**

- **Sturdy footwear** (e.g. lace-up hiking boots with strong soles)

- **Camp clothes** kept dry in a **waterproof bag** (for wearing in the evening)