



# Safety checklist



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)

