Tasmania is renowned for its world-class walks. But to really make the most of it, make sure you pack the right gear—it will make your experience more enjoyable and keep you safe.

**Essentials**
These items are required for all walks—including short day walks:
- Light day pack
- Weatherproof jacket
- Warm hat and sunglasses
- Sun hat and sunglasses
- Hiking boots and socks (minimise blisters, make sure shoes are worn in before you leave)
- Gaiters
- Sunscreen
- Water (1 litre per person for every 3 hours of walking)
- High energy food
- First aid kit (suitable for walking in remote areas)
- Emergency space blanket (for hypothermia)
- Mobile phone (be aware that in remote locations you may not be able to get signal.)
- Rubbish bag—take it all out with you!

**Multi-day walks**
As well as the items from the essentials list, multi-day walkers will require these items:
- Large, waterproof hiking pack (plus pack liner)
- Tent (3-4 season rated with an inner and outer layer)
- Sleeping bag and inner sheet (rated to at least 0°C for coastal areas and -10°C for alpine areas)
- Sleeping mat
- Waterproof jacket
- Quick-dry walking clothes (long sleeve shirt, shorts/trousers, fleece jacket—avoid denim and cotton)
- Camp clothes in waterproof bag
- Toilet trowel and toilet paper
- Basic personal toiletries
- Antibacterial gel
- PLB (personal locator beacon)
- Map (mobile phones cannot be relied on in remote areas and a printed map is a necessity)
- Fuel stove and fuel
- Lighter and matches
- Food (lightweight, energy-dense, remove excess packaging)
- Cooking and eating utensils
- Water bottle(s) or bladder, capable of carrying 2-3 litres
- Torch / head-torch and spare batteries

**ALPINE WALKS**
Weather in alpine regions can deteriorate rapidly. Deaths have occurred when people have been caught unprepared.

Walks include: Overland Track, Frenchmans Cap, and Walls of Jerusalem.

Walkers must have these extra items:
- Warm clothing, including a fleece or woollen jumper, hat, gloves and a neck warmer
- Good quality waterproof jacket with stormfront 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)
- Thermal under layers (long sleeve top, long pants)

**THREE CAPES TRACK**
The Three Capes Track is a unique walking experience. Walkers on this track require different (less) gear than other Tasmanian multi-day walks. For more details please visit www.parks.tas.gov.au.
**HAVE YOU GOT THE RIGHT GEAR?**

**Optional items**
- Trekking poles
- Camp shoes (lightweight)
- Compass
- GPS satellite phone
- Medications
- Insect repellant
- Whistle
- Travel towel
- Water filter or purification tablets
- Pocket knife
- Personal identification

**FUN STUFF**
- Camera
- Binoculars
- Books / field guides
- Cards / games
- Notebook and pencil

_Different walks require different equipment, so get online and find out about:_

- The weather forecast.
- Alerts in the area.
- What the track is like (duck boards, mud, scree).
- Are there huts available? Is any equipment provided?
- Is it a guided walk? Do the guides recommend a different pack list?

_Also, ask yourself:_

- Are you fit and well enough to undertake the walk?
- Have you let someone responsible know your walk plans?
- Have you packed your park pass and / or booking registration information?
- Have you read all the walk material and Leave No Trace principles?
- Do you have any special needs to cater for (medications, glasses)?