



Walker pack list

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 or beanie, and gloves
- 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.

ALPINE WALKS: SNOW CAN OCCUR AT ANY TIME OF YEAR. THIS PHOTO WAS TAKEN IN LATE SPRING ON THE OVERLAND TRACK.



HAVE YOU GOT THE RIGHT GEAR?



Optional items

- Trekking poles
- Camp shoes (lightweight)
- Compass
- GPS satellite phone
- Medications
- Insect repellent
- 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)?



© State of Tasmania 30 Jan 2022