

Thank you for joining a tour with us! We can't wait to have you along! Here's all the things you need to bring!

MULTI DAY PACKING LIST

Walking Gear

- Day pack with a waist harness & waterproof cover
- Water bottles or water bladder (capacity to carry at least 2 litres)
- Hiking shoes or boots - comfort is key
- Rain jacket - with a good waterproof rating
- Rain pants
- Hiking poles - optional
- Sunglasses

Clothing

- Hiking shirts - not cotton - long sleeve is best to protect from the sun - we suggest merino as a great option
- Hiking pants and/or shorts - not jeans
- Hat
- Thermals - long sleeve top and bottoms
- Socks - merino is good for blister prevention
- Underwear
- Fleece jumper or similar
- A warm jacket - please remember down jackets are not rain jackets and will not protect you when they get wet
- Beanie
- Gloves
- Bathers/swimmers/togs/cosi and towel - there are no beach towels provided
- Comfortable clothes for the evening
- Clothes to wear out for meals
- Spare clothes in case it rains
- Spare shoes

Personal Items

- Mobile phone and charger
- Toiletries
- Sunscreen
- Any personal medications - your guides are not able to provide any sort of medications for you
- Entertainment for the drive and evenings - books/podcasts/cards/group games
- A yoga mat - if you have one

Kayak Gear (for Kangaroo Island)

- Shorts that can get wet
- Long sleeve that can get wet
- Thongs/Sandals