



packing tips

For the 5 & 7 day Scenic Rim Trail your first day is an arrival day with your first day of walking commencing the following day.

ITEMS PROVIDED

- 32L day pack, 20L waterproof bag for luggage, pouch for 2nd night
- Walking poles, gaiters, coffee mug & water bottle
- Shampoo, conditioner, body wash, moisturiser
- Sunscreen, bug spray

FOOTWEAR

- Hiking boots (running shoes not suitable)
- Comfortable evening foot wear
- Thongs/flip flops for the communal showers (optional)

CLOTHING

- Lightweight quick dry long pants, many people walk in the same pants for multiple days
- Lightweight shirts - long or short sleeves however no singlet tops for sun safety
- Fleece jumper or similar
- Warm light weight jacket - down or insulated
- Gore-Tex rain jacket
- Hiking socks & pair of warm bed socks
- Underwear & pyjamas
- Winter - beanie, scarf, gloves, thermals
- Hat, sunglasses & neck gaiter
- Those doing the 7-day trail should pack swim wear for the hot tub at Spicers Canopy



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PERSONAL MEDICAL KIT

Our guides have a first aid kit however can't administer general medication so you may like to consider a personal medical kit. You will be in a remote area with no access to shops.

- Prescription medication
- Asthma puffer if required
- Analgesic (pain relief):
ibuprofen/paracetamol/voltaren
- Blister relief: Band-Aids, hikers' wool
- Antihistamine for allergies if prone
- Antiseptic ointment
- Antacid for indigestion
- Diarrhea medicine
- Hydration sachets
- Eye lubricant drops
- Tweezers
- Chafe cream

TOILETRIES

- Toothbrush, toothpaste & dental floss
- Hair brush & hair ties
- Deodorant
- Nail clippers
- Hand sanitiser
- Lip balm with SPF
- Sanitary items
- Razor for shaving
- Contact lenses, solution & case

OTHER

- Water bottles are provided, however if you prefer hydration bladders you can supply your own or pre-purchase one from us. Minimum 2.5L capacity is recommended
- Camera, phone charger, head torch, binoculars



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