
PACKING TIPS

For the 5-day Scenic Rim Trail your first day is an arrival day with your first day of walking commencing the following day. Here are a list of recommended items for you to consider.

ITEMS PROVIDED

- Day back pack
- 65l bag for your luggage (max 12kg)
- Walking poles & leg gaiters
- 2 x water bottles - 1 x 1L + 1 x 1.5L
- Lunch esky & lunch boxes
- Shampoo, conditioner, body wash, moisturiser, sun cream

FOOTWEAR

- Hiking shoes (running shoes not suitable)
- Comfortable camp shoes such as ugg boots
- Thongs / flip flops for the communal showers (optional)

CLOTHING

- Lightweight quick dry long pants
- Lightweight shirts - long or short sleeves however no singlet tops for sun safety
- Fleece jumper or similar
- Warm light weight insulated jacket
- Gortex rain jacket or similar
- Rain pants
- Hiking socks & pair of warm bed socks
- Underwear & pajamas
- Winter beanie, scarf, gloves, thermals
- Hat, sunglasses & neck gaiter (optional)
- Hiking gloves [see example](#)

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 stop
- Hydration sachets
- Eye drops for contacts
- Tweezers & nail clippers
- Chafe cream

TOILETRIES

- Toothbrush, toothpaste & dental floss
- Hair brush & hair ties
- Nail brush
- Deodorant
- Hand sanitiser
- Lip balm with SPF
- Sanitary items
- Razor

OTHER

- If you prefer a hydration bladder feel free to bring your own (min 2l) otherwise water bottles provided
- Camera, phone charger, head torch, binoculars (optional)

