



## Gear Checklist for the Maria Island Guided Walk Only

<p><i>We will supply the following items [you do not have to bring these]</i></p> <p><i>Backpack, Pack Cover, Sleeping Bag Liner, Toilet paper, Hand Towel, Face Washer &amp; Soap, Head Torch, Pillow Case, 2 x 600ml bottles of water [re-fillable]</i></p> <p><i>All of the above items are contained within the backpack that we give you on your the first day. You will only need to bring on tour the items in the list below. Please have these items ready in a tote, draw-bag or daypack, separate from your main luggage.</i></p> <p><i>If you are returning to the same accommodation supplier after your tour, they can generally look after your main luggage. If not, we can look after it for you.</i></p>	Tick
<b>Please pack the following items:</b>	
Waterproof Jacket – Gore-tex or similar	
Waterproof Trousers [lightweight is ok]	
Socks 2 – 3 Pairs	
Underwear 2 – 3 Pairs	
Swimming Costume & Lightweight Towel [microfiber best]	
<b>For Hot Weather</b>	
2 x Lightweight Long Sleeved Shirts	
Lightweight Walking Trousers	
Shorts	
Sunhat with brim	
<b>For Cold Weather</b>	
Long Sleeved Thermal top	
Thermal Long Johns [optional]	
Gloves [optional]	
Beanie [recommended as nights can get cold]	
Fleece Jacket or Down Jacket	
<b>Footwear</b>	
Boots or Trail Runners [boots are better but not essential]	
Camp Shoes - crocks or sandals [not recommended for walking]	
<b>Personal Items</b>	
Sunglasses, sunscreen & balm, hand sanitiser, camera, wet wipes	
Toiletries, Medications, Spare drink bottle, walking poles [optional]	
<b>Phones &amp; Money</b> – there is limited reception on the island with Telstra and there are promotional items that you can purchase [optional]	

***Please Note: We cannot supply any clothing items***