



WHAT TO BRING LIST

It is very important that you bring everything on the ESSENTIAL part of this list. Don't bring too many extras as you have to carry them into Wollangarra, which is a 1km walk. Any sort of back-pack or duffel bag is suitable (a suitcase is not).

ESSENTIAL

- 2 Pairs of long warm pants (Jeans are not suitable)
- 1 Pair of shorts
- 2 Flannelette long sleeve shirts
- 2 T-shirts
- 3 Pairs of thick socks (not ankle socks)
- 3 Sets of underwear
- 1 Pair of runners/boots
- 2 Sets of thermals (tops and bottoms)
- 1 Torch + spare batteries
- 1 Towel + toiletries
- 1 Wide brimmed hat (not a baseball cap)
- 1 Tube of SPF30 sunscreen (in winter also)
- 1 Personal medications
- 3 Strong garbage bags

IN SUMMER (October – April)

- 2 Light shirts with long sleeves
- 1 Pair of swimmers

OPTIONAL (We can supply these but you may bring your own if you have them)

- 2 Woolen/Polar fleece jumpers
- 1 Pair of hiking boots (with good ankle support)
- 1 Rain jacket
- 1 Pair of waterproof overpants
- 1 Sleeping bag, Inner sheet and Sleeping mat
- 1 Hiking backpack (65L and waterproof)
- 1 Balaclava and mittens
- 2 1 Litre water bottles (screw lid)
- 1 Emergency whistle
- 1 Backpack liner

You also need to bring money to buy lunch to and from Wollangarra, and if you have any previous knee or ankle injuries a roll of Elastoplast Sports Tape and a compression bandage. A camera and film is great too if you have one.

If you do bring your own equipment we will check its suitability for the hike, and reserve the right to insist that you use Wollangarra equipment if we feel it is better suited. Please do not bring tents.

NB. You are financially responsible for the loss or deliberate damage of all Wollangarra equipment and property, so please treat it as well as your own.

PLEASE DO NOT BRING:

Radios, personal music players, mobile phones (we have no reception), electronic games, cosmetics, cigarettes or lollies - this is a week away from all of that. Wollangarra offers a unique chance to step back in time and live a simple, healthy lifestyle as part of a small community with time to just talk, without modern technology.

We do not have electricity so hairdryers etc are not appropriate. Also valuable items such as jewellery, watches, credit cards are easily lost so please leave them at home.

Please ensure that all the clothes that you would like to take on hike are made out of wool, polypropylene or polar fleece and NOT cotton.

Please do not bring lollies and junk food. We supply enough food for the week.