



## KIMBERLEY TREK AND PADDLE EQUIPMENT LIST

**Free Spirit Adventures will provide the following items of equipment:**

- Lightweight mossie dome with fly
- Group first aid kit
- Dry bags for pack waterproofing
- Satellite phone
- Canoes and safety equipment

**\*Please bring a set of neat clothes for hotel use and for air travel before and after trek. You will also need a spare bag for leaving your surplus gear in Kununurra.**

### Recommended Equipment

- A medium weight hollow-fill sleeping bag that is rated to +5 degrees ( or cotton liner)
- A thermal sleeping mat, suggest self inflating type and a small pillow.
- Lightweight bowl, knife, fork spoon set and cup
- Headtorch with spare globe and batteries
- Sunglasses
- Small sharp knife or lightweight multi tool
- Water bottles and Hydration pack (in good order) We recommend total water capacity to be around 5 litres. Bottles are required to mix up supplements & purification tabs.
- Walking stick or poles.
- 10 meters 2-3mm cord for tying packs into canoes
- Lightweight collapsible (telescopic) fishing rod with assorted lures. (likely fish are black bream, sooty grunters, silver cobblers) Lures should work at 1-2 meters below surface.

### Clothing

- A pair of strong, comfortable, worn in walking boots (with spare laces)
- A pair of sandals or "Crocs" (to protect feet when washing in rivers etc)
- Socks – minimum 3 pairs
- Knee Length gaiters (to protect from Spinifex)
- Wide brimmed hat
- Adequate underwear that is comfortable when wet and does not chafe
- Bathers
- Sarong (ladies)
- Walking shorts and/or "Skins". Skins are not essential, but these are highly recommended to reduce chafe.
- Also suggest "Zip off" pants – these are excellent as they provide early morning and evening "longs" (for warmth and protection from mosquitoes) and "shorts" for when you are walking.
- It is important that a long sleeved loose fitting shirt is included for sun and mosquito protection. Cotton based fabric is often more comfortable in the heat *however* can be difficult to dry in the humidity. Modern high tech fibers are more expensive, but excellent in this climate.
- One lightweight set of non walking clothes. These are the clothes you will change into after the days walk. We recommend a long sleeve shirt and long pants.

## Personal Effects

- Camera/memory cards (check battery)
- High energy nibbles (optional – our food packs are very comprehensive)
- Strongest Insect repellent e.g Bushmans with Deet
- Sunblock
- Water purification tablets eg Micropur or Puratab
- Toilet paper (1 roll) Place in a plastic ziplock bag.
- Toiletries - as this is often where lots of weight and bulk occurs, portion everything and place in plastic bags to prevent spillage. Please bring a germicidal soap such as saperderm.
- Towel – microfibre or chamois style
- Diary/journal & pen

## First Aid

Small personal first-aid kit comprising of items from the list below.

- Blister prevention – there are some excellent products available
- Personal medication – you are most informed about personal health and need to take responsibility for your own medications. Please discuss with us if you have any questions
- Antibacterial hand gel – eg Aquim
- Pain relievers – headache tablets, strong pain relief
- Tea tree oil or antiseptic
- Band-aids ( various sizes, ensure you have plenty)
- Stingose
- Prickly heat powder
- Roller bandage x 2
- Safety pins (various sizes)
- Needle and thread
- Gastrolyte or other electrolyte
- Anti inflammatory medication such as Ibuprofen, Voltaren or Nurofen
- Antihistamines, such as Telfast, Phenergan 10mg
- Strapping tape
- Antiseptic powder

**\*Note:** if you have personal issues – eg knee problems, you should ensure you have the appropriate braces, preventative bandages, etc