



Larapinta Recommended Gear List

Clothing for trek

- A pair of strong, comfortable, worn in walking boots (with spare laces)
- Socks – (bamboo or coolmax are ideal)
- Long Gaiters – recommended for this trek (to protect from Spinifex)
- Underwear (trunk style /synthetic or skins – to limit chafing)
- Walking shorts or long pants (whatever you prefer)
“Zip off” pants are excellent as they provide early morning and evening “longs” (for warmth and protection from insects) and “shorts” for when you are walking.
- Short sleeve synthetic shirt
- Long sleeved loose fitting shirt for sun and insect protection. (this may also come in handy as an extra layer later in the day when temp drops.)
- Wide brimmed hat with fly net or corks(to keep flies off face - optional)
- Bike gloves (for hand protection –optional)

Daypack for trekking

- Hydration Bladder with hose (2 litres)
- Water bottles x 2 (for spare water & mixing electrolytes)
- Lightweight bowl, cutlery and cup
- Headtorch - Good quality with spare batteries
- Sunglasses (and reading glasses if needed)
- Camera/memory cards (spare batteries)
- High energy snacks (dried fruit, nuts, choc, jelly beans etc)
- Strong Insect repellent e.g Spray on Bushmans with Deet
- Sunblock
- Antibacterial hand gel
- Gastrolyte or Hydralyte (tube of 20 tablets)
- Water purification tablets eg Aquatab or Puratab
- Toilet paper (1 small roll in plastic bag in daypack)
- Diary/journal & pen
- Bathers (for swimming in water holes)
- Sarong (ladies)
- Fleece top in case its cold in the morning or late in the day (wind chill)
- Small pocket knife (optional)
- Walking pole.

Small Personal First Aid Kit

- Personal medication – Please bring whatever you might need and let us know where it is and how to use it in the event of emergency.
- Blister prevention – Vaseline & Hypafix/ Fixomull (better than bandaids & tape)
- Pain relievers & anti-inflammatories – paracetamol, voltaren etc
- Tea tree oil or antiseptic
- Stingose (we will have some in the group kit)
- Antihistamines eg; Telfast
- Roller bandage x 2

Overnight Gear – stored in spare bag

- Inflatable mattress
- A warm sleeping bag (rated to -5C or better / thermal liner also adds warmth)
- A small pillow (optional)
- Toiletries - as this is often where lots of weight and bulk occurs, portion everything and place in plastic bags to prevent spillage. No soap please.
- Spare roll of Toilet Paper.
- Small Towel – microfibre or chamois style
- A pair of sandals, sandshoes or “Crocs” (for night time use)
- Spare Socks – minimum 3 pairs
- Spare Underwear x 6-8
- 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.*
- Warm fleece top, thermal or down jacket for cold nights (gloves & beanie)
- Light weight rain jacket or poncho in case of forecast rain (unlikely)
- Light weight chair for around camp

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

Free Spirit Adventures will provide the following gear:

- Tent (includes mozzie dome)
- Group First Aid Kit
- All Meals & some wine on the Larapinta Trail
- Cooking and camp equipment
- Emergency Communications (inc Sat Phone, UHF Radios and GPS Tracker)

***Please bring a change of fresh clothes** for flights and post-trek travel days.

These should be stored in a **small overnight bag/duffle bag that is squash-able** to save space in the vehicle.

****Spare money or cashcard** for (off-track spending) eg; Meals not included in itinerary