

Suggested Gear List - South Coast Track.com.au

To Do

<u>Clothes</u>	Name	Name	Name	Name	<u>Sleeping</u>	Name	Name	Name	Name
Boots					Sleeping Bag				
Crocs/Runners					Sleeping Mat				
Socks x2					Wine Cask bladder				
Gaiters									
Jocks x2									
Shorts									
Trousers									
Overpants									
Short sleeve shirt									
T Shirt									
Long sleeve shirt									
Thermal top									
Thermal leggings									
Jumper									
Waterproof jacket									
Gloves									
Hat									
Beanie									
Dry/Compressable bag									

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<u>Toiletries</u>	Name	Name	Name	Name	<u>Food/Cooking/Eating</u>	Name	Name	Name	Name
Toothbrush					Cup				
Toilet paper/Baby Wipes					Bowl				
Towel					KFS				
Toothpaste					Waterbottles/Camelback				
Dental floss					Purification Tablets - 50				
Contact lens case					Stove				
100 mls lens solution									
Bar of soap									

Food

Rolled Oats	
Dried fruit	
Chocolate & Lollies	
Butter/Peanut Butter	
Dried Meat	
Wraps	
Tomato	
Lettuce	
Ham	
Apples	
Museuli bars	
Cappucino	
Hot Chocolate	
Cup A Soups	
Dehydrated meals	
Sliced Cheese	
Nuts	
Dried Meat	

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<u>First Aid/Emergency</u>	Have	<u>Miscellaneous</u>	Name	Name	Name	Name
First Aid Kit		Headlamp/Torch				
* Compression bandage		Matches				
* Needles		Pocket knife				
* Tweezers		Waterproof cover for packs				
* Band-aids		Sunglasses				
* Pain relief		Book				
* Tape		Back Pack				
* Hypothermic blanket		Pack liner - large plastic bags				
* Antiseptic		Rubbish bag				
* Gauze		Notebook & pencil				
Salt		Plastic bags				
Safety Pins		Candle				
Torniquet		Sunscreen				
Syringe		Mozzie Repellent				
Scissors		Duct Tape				
		Glasses				
		Light				

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<u>All</u>	Have	<u>To Do/Get</u>
Map		Gas: Coleman 70 Butane/30 Propane
Guide Book		Buy at tasair pre flight.
Track Notes		Confirm flight on the 8th Jan
Tents x2		
		EPIRB - \$88 for 14 days (Hire)
Stoves x2		Info: http://www.parks.tas.gov.au/index.aspx?id=7364
Gas		Hire Form: http://www.parks.tas.gov.au/file.aspx?id=14946
		Ph: 1300 135 513 to ensure they'll have one
Cooking Pots x2		
Pot scourer		National Parks Pass - \$30 each
Can opener		http://www.parks.tas.gov.au/index.aspx?base=914
Tea Towel		http://shop.parks.tas.gov.au/productinfo.aspx?id=6&cat=14
Trowel		or available from lots of places in Hobart
Rope		
		South Coast Walks by TSMAP
Camera		
		Notes
Spare batteries		Maximum 20 kg packs for flight to Melaleuca
Spare shoelaces		
Tent repair kit		Flight to Melaleuca
		Par Avion
Mirror		Ph: 03 6248 5390
Compass		
Whistle		
EPIRB		