

WHAT TO PACK – ESSENTIALS (MUST BRING)

Comfortable walking shoes (suitable for moderate–difficult hikes)

Sunglasses

Light cotton socks (day)

Warm wool socks, gloves & beanie

Broad-brim hat

1.5L water bottle

Sunscreen & lip balm

Insect repellent

Day backpack

Clothing

1 × warm pants (jeans/slacks) for mornings/nights

1 × track pants or tights

Loose cotton shorts/skirt or hiking pants

T-shirts/singlets + long-sleeve cotton shirt or light sarong (sun protection)

Warm jumper

Warm jacket/parka

Comfort & Personal

Journal + pen/pencils (optional)

Uggs/slippers (optional)

After-sun skincare + personal self-care (e.g. Vit C, lavender oil, remedies)

Small thermos (with lid)

Highly Recommended

Fly net (especially in warmer months)

Travel Tip – 16 kg max

Wear bulky items on the plane: boots, jacket, jumper, hat, scarf, beanie, jeans

Recommended (Optional)

Thermals

A favourite dress

Camera or binoculars

Shawl/wrap (can sit on)

Earplugs & eye mask

Muscle recovery/self-care products