

Trekfa's Backpack



100427backpack

Trekfa's Backpack – WAC Trek Essentials

One Day Walks:

The following brief has been provided as a guide only and is based on our current minimum standard.

Backpack - 25 to 35 litre backpack with waist belt and external drink holder or access to bladder via external hose.

Water - carried in 600 ml plastic bottles or 1ltr bladder (min 100ml per kilometer). Multiply by 2 for warm weather and 3 for very hot weather.

Food - provide sufficient food (in self-sealed plastic bag) to last duration of activity time. Suggest morning tea and lunch.

Clothes - provide warm clothing such as thermal top or woolen jumper to throw on in the event of cold weather. (spare clothes in car for after walk). Optional: include swimwear during the hotter months.

U.V.Protection - hat/sunvisor, sunglasses and blockout.

Rainwear - jacket or poncho in case of inclement weather.

Personals - Band-Aids, crepe bandage, tissues, aspirins etc or first aid kit, wallet with I.D. and \$30.00 cash for emergency use.

Safety - small torch/headlamp, thermal blanket, whistle.

Miscellaneous - two large plastic bags. Use one to waterproof your backpack contents and one to sit on during breaks.

Camera - a non essential item included at own risk (in two self sealed plastic bags)

Additional Equipment - For your safety additional equipment is carried by the leader and designated members. Items include group first aid kit, thermal blankets, matches, mobile phones, torches/headlamps and relevant navigational aids etc.. The leader may also carry an EPIRB, GPS and two-way radios where the terrain is either difficult, the route is ill defined or in remote areas.

Overnight Walks:

TREKFA'S BACKPACK - SIMPLE GEAR CHECK LIST FOR OVERNIGHT WALKS					
kg	Shared Gear	kg	Personal Gear	0.15	Plate, plastic
0.00	Clothes worn	2.35	One persons share of above	0.5	Mug, plastic
3.00	Tent – 2 person with floor	0.00	Large supply of humour and common sense	0.10	Water bottle
0.26	Pegs (12) in case			0.1	Rubbish bag
0.10	Food bags and plastic jars	0.75	Waterproof jacket	0.35	Change of shirt and socks
0.30	Billy and bag	0.30	Closed cell foam mat	0.4	Change of underwear
0.90	Stove and fuel	1.50	Down sleeping bag and cover	0.50	Pullover, fleece or wool
0.8	Torch	2.60	Rucksack	0.25	First aid kit
0.6	Trowel	0.20	Towel, small	0.5	Thermal blanket
		0.3	Toothbrush	0.6	Notebook and pencil
4.70	Total for two people	0.05	Toilet paper	0.03	Matches, waterproofed
	Divided up	0.10	Knife, fork and spoon	9.47	TOTAL

Comprehensive Gear Check List - Overnight Walks (Guide Only)

Personal

Rucksack
Rucksack liner
Day pack
Money
Underclothes
Thermal underwear
Short pants
Long pants (synthetic)
Belt
Shirt (synthetic)
Shirt (thermal)
Pullover (thermal)
Waterproof rainjacket
Balaclava (thermal)
Beanie
Hat
Sunglasses
Socks (short)

Shoes/Boots
Gaiters
Swimwear
Comb
Toothbrush & paste
Towel
Toilet paper & trowel
Pocket knife
Clothes in car

Eating

Food
Rubbish bag
Stove
Stove fuels
Billy & bag
Billy tongs
Pot scourer

Water bag
Tin opener
Knife, fork, spoon
Plate
Mug
Salt
Matches

On the track

Water bottles
Water bladders
Notebook & pencil
Snacks
Camera

Safety

Whistle on string
Crepe bandage
First aid kit

Repair kit
Thermal blanket
Nylon cord (5m)
Sun cream
Lip salve
Insect repellent

Camping

Tent
Tent fly
Tent pegs in sheath
Tent poles
Sponge (for tent floor)
Ground sheet
Sleeping bag
Sleeping mat
Headlamp & spare bulb
Spare batteries
Dry sack/Plastic bag

Please Note: Members shall be self-reliant and have a suitable level of fitness and endurance to comfortably complete the intended trek. A further requirement is the ability to cope with the mental anxiety of weather extremes and the difficulty in negotiating rough terrain. Overnight walks are graded hi-impact unless otherwise stated.