

# 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.