

*"Pure adventure in a pristine environment"*



# TABLELAND ADVENTURE GUIDES

Mobile +61 (0) 44 851 7979  
P.O. Box 17 Yungaburra QLD 4884

[info@tablelandadventureguides.com.au](mailto:info@tablelandadventureguides.com.au)  
[www.tablelandadventureguides.com.au](http://www.tablelandadventureguides.com.au)

## ***TAG'S RECOMMENDED MULTI DAY/OVERNIGHT HIKING AND TREKKING GEAR LIST***

Your TAG guide will be carrying group safety equipment

### **Clothing**

- Bandana
- Beanie
- Boots – well worn in, ankle supported, preferably water proof/Gortex
- Gaiters – full length
- Mid layer top
- Poly props type top and bottom, long sleeved/pants
- Socks and sock liners x 2
- Sun hat
- Trekking shirts x 2, long sleeves
- Trekking trousers (ideally with zip off bottoms)
- Comfortable shoes for evenings/transit
- Waterproof jacket – light Gortex or similar

### **Pack/sleeping gear**

- Day pack - approx. 30 litres
- **Backpack - approx. 60 litres, carried into camp by support team with spare clothes and all sleeping gear for nights 1 & 2, use for self support night 3**
- Sleeping bag - medium weight and liner
- Sleeping pad/ self inflating mattress
- Small pillow
- Tent, lightweight - 1 or 2 person, for self supported nights
- Water proof stuff sacks x 2, 1 for sleeping bag and liner

### **Miscellaneous**

- Camera and spare batteries
- Head torch and spare batteries
- Small personal first aid kit and toiletries
- Small towel
- Sun glasses
- Sunscreen/insect repellent
- Trekking Poles
- Water container of choice, preferable hydration pack - at least 2.5 litres.
- Whistle

We have some gear available for hire or loan – see our [Gear Hire page](#).

