


ULURU

Embrace your WILD side



ESSENTIAL PACKING LIST

 Get ready to lace up your boots and roll out your yoga mats in the beauty of the outback! We're thrilled to have you joining us on this unforgettable journey. Before we hit the road, let's make sure you're fully prepared with everything you need for an amazing experience.

Day Pack

You will only need to carry a small day pack for hikes and to use for necessities during the day. Your larger bag will be in our trailer for the day & more accessible at night.

The Bag

We recommend a size of 10 – 30L, ideally with a waist strap for support. Try and keep the pack as small and light as possible to prevent carrying unnecessary weight. [Recommended day_packs](#)

Water bottles or bladder

There is unlimited clean drinking water available but you will need your own water bottle. And it gets hot in the desert so it's important to stay hydrated. The hikes on this trip are usually 2-3 hours so you will want to carry 2-3 litres at a time. Our favourites: [Nalgene](#) & [Lifestraw](#).

Sunscreen

Glasses

Camera

Power Bank - There will be very limited places to charge up here so we always recommend to bring a [power bank](#).



Personal first aid kit/medications

Headtorch and spare batteries - My fav

Fly net

Optional: Journal, book, card games, instruments, crafts



Main Bag

This bag will hold most of your belongings for the week, which you will have access to while we're at camp. During the days your bag will be in the trailer. Everything you want for the day you can put in your daypack. When packing for the desert it's better to have earthy colours instead of whites because they will get dirty.



The Bag

Can be either a duffle bag or backpack style. Suitcases with wheels aren't ideal as the campsites can be rocky and dusty. Try keep your bag as small and lightweight as possible for your own convenience of carrying it around. This is a great opportunity to try being a minimalist! Wearing the same outfits several times is perfectly fine, in fact, its encouraged!



Toiletries

The first two nights in the West MacDonnell ranges we'll be bush camping which means no showers or toilets but we'll be away from camp exploring and swimming in water holes so who needs a shower! The Uluru and Kings Canyon campsites have facilities though so still bring all your regular toiletries.



Travel pillow

Small air inflated hiking pillows are the best as they compact really small. Check out [this one](#) and [this one](#).



Travel towel

Quick drying towels are great! Heres one [we love](#).

Swimmers

We will have opportunity to swim at several beautiful waterholes.





How to DRESS like an Adventurer!

✓ **Shorts, T-shirts & Singlets**

The daytime temps are still nice and warm out here in autumn and winter so you'll want these for the daytime.

✓ **Lightweight long sleeve shirt**

We will be outside for most of the time so it's important to have plenty of sun protection. I love to have a long sleeve shirt to cover up with. Something super light and loose fitting is best.

✓ **Hiking & Yoga clothes**

This is what you'll be wearing the most. I love leggings for yoga so I don't get as distracted if a fly lands on me. For hiking, shorts or pants are good. Whatever is the most comfortable for you and helps avoid chaffing! Either loose fitting shorts like [these](#), some loose pants, or workout tights all work great.

✓ **Warm layers for evenings**

Overnight temperatures can drop to around 10 degrees in autumn and 2 degrees in the winter months, so bringing quality warm layers is essential! Every morning and afternoon will be chilly. A [fleecey soft jumper](#) or zip up is great to be a middle layer between your shirt and jacket.

✓ **Windproof/Puffer jacket**

The best jackets are windproof, they can either have a soft fleecey lining built in as well, or be just the outer "shell". I personally like to have my soft lining and outer jacket as two separate items so that I can mix and match them depending on the temperature.

✓ **Rain Coat**

At this time of year its highly unlikely to get wet, so don't invest in an expensive raincoat, but we always want to be prepared for anything! So throw in a rain jacket if you have one or just an emergency rain poncho.





✓ **Hiking shoes**

Sneakers are ok or hiking boots if you prefer.

✓ **Sandals/Thongs**

✓ **Socks**

It's nice to have some warm wool socks when it gets chilly plus some socks to hike in.

✓ **Hat**

Definitely go for a wide brimmed hat! The more protection against the sun the better. And you will be rockin the "outback fashion" for your pictures. 😊

✓ **Beanie** - Its gonna be chilllyyy!

✓ **Pyjamas/Comfy camp clothes** - Dont forget to bring some trackys and soft warm clothes to relax in around camp. Our fav seriously comfy camp pants are these.

✓ **Camp shoes** - something soft and comfy that your feet can breath and relax in at night time, but still have a hard sole for walking around the camp in.



Happy Packing!

