

THE LARAPINTA

Embrace your *WILD* side



ESSENTIAL PACKING LIST



Get ready to lace up your boots and dive into the rugged beauty of the outback! We're thrilled to have you joining us on this unforgettable journey. Before we hit the trails, 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 daypack on the trail each day as your larger bag will be transported in our support vehicle.

The Bag

We recommend a size of 20 – 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 bottle or bladder

There is unlimited clean drinking water available to use at our campsites overnight, but in the day time you need to carry enough water for the full day on the trail. So 3 litres minimum is required. Bladder is preferred but bottles are also possible. [Our favourite bladder](#)

Sunscreen

Glasses

Camera

Power Bank - There won't be power for 7 days, so a [solar powered bank](#) or one [like this](#) with multiple charges.



✓ **Band aids** - Here are some for blisters and prevention

✓ **Headtorch and spare batteries** - My fav

✓ **Fly net**

✓ **Optional: Trekking Poles** - If you often have knee/hip/ankle pain poles will make a big difference.



Main Bag

This bag will hold most of your belongings for the week, which you will have access to while we're at camp. On the days that we move campsites, you'll pack your bag and put it in the trailer before we begin hiking, which our support guide will drive to the next site.



✓ **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**

There are no shower blocks on this trip, however you will be provided with a bucket of warm water for "bird bathing" with each day. So, bring soap and a wash cloth, along with normal toiletries. Try avoid wet wipes as they are not very eco-friendly.



✓ **Travel pillow**

Small air inflated hiking pillows are the best as they compact really small. Check out this one



✓ **Travel towel**

Quick drying towels are great! Heres a good one.

✓ **Swimmers**

We will have opportunity to swim at several beautiful waterholes.





How to DRESS like an Adventurer!

✓ Shirts

Having a nice breathable material like [this](#) makes all the difference in a shirt when hiking! Cotton isn't great for hiking because when you sweat it gets wet and then you will be cold. If you get collared shirts and long sleeves it will provide more sun protection so you won't have to use as much sunscreen.

✓ Shorts

Most days will be warm enough for you to hike in shorts. Try keep them as loose fitting as possible for your own comfort. Chaffing is the worst!

✓ Long pants

If we get a cool or cloudy day, you might want to hike in long pants. Either hiking pants or tights are great for walking in. Tights are less insulated, so if you're sensitive to feeling too hot or too cold I'd recommend actual hiking pants. Like [these](#).

✓ Warm inner layer

Overnight temperatures can drop to 0 degrees at this time of year, 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 in 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 it's 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 a plastic emergency rain poncho.





✓ **Hiking boots**

Hopefully you've already got hiking boots broken in, but if you haven't, no worries - time to start wearing them around the house! Most quality boots require some breaking in because they are made of a hard leather or similar material, which softens and moulds to the shape of your foot over time. This is totally normal.

Its best when buying hiking boots to get one size bigger than you normally would for a few reasons: your feet can swell when hot; sometimes you need to wear thick socks for warmth; and when you're going down steep hills your feet tend to slide forward and your toes can get blisters from rubbing on the front. For Larapinta ankle boots are recommended to provide ankle support as the terrain is very uneven and rocky.



✓ **Socks**

It makes SUCH a difference to wear quality wool hiking socks. (Ive learnt this the hard way!) Hiking socks are thicker, providing better padding to avoid blisters, and keeping your feet better insulated, cool when its warmer, and warm when its cooler. They also allow air flow, again preventing sweat which leads to blisters.



✓ **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!

✓ **Soft warm gloves** - see above ^

✓ **Pyjamas/Comfy camp clothes** - Dont forget to bring some trackys and soft clothes to relax in around camp.

✓ **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!

