

# Kepler Track – Packing List

## GEAR

- Backpack (40–60 litre size for multi-day hiking)
- Waterproof pack cover (in case it rains)
- Sleeping bag and blow up pillow (or use a hoodie/clothing instead). Sleeping bag liner optional, but we love ours!
- First aid kit (including insect repellent, sunscreen, blister kit, pain killers, anti inflammatories, antihistamine)
- Contact lenses if you wear them (dailies) and spare glasses.
- Survival kit (survival blanket, whistle, paper, pencil, high energy snack food)
- Earplugs and eye mask
- Map of the track
- Drink bottle or hydration pack (enough for 1 day)
- Eating and cooking utensils (knife, fork, spoon, plate, cup, pot/pan/billy, cleaning kit, tea towel)
- Matches or lighter in waterproof container
- Toiletries
- Torch/flashlight and spare batteries
- Rubbish bag
- Tickets and ID
- Photography equipment, power bank, cables
- Hiking poles

## IF CAMPING

- Tent
- Sleeping mat

## CLOTHING

- Clothes for hiking and for wearing at night. Try to go for quick dry, stink proof lightweight clothing.
- Good hiking boots that are comfortable and well broken in
- Socks (wool or polypropylene)
- Shorts (quick dry material)
- Layers - tops, bottoms and thermal underlayers. We don't recommend cotton as this gets heavy when wet and takes a long time to dry
- Rain jacket and rain pants
- Hat/beanie and gloves
- Sunglasses
- Extra socks, underwear, shirt/lightweight jersey
- Swimwear
- Small towel or flannel
- Flip flops or lightweight shoes for inside the huts

## FOOD

- All your meals and snacks! You will eat more than normal so take that into account. Go for high density, nutritious foods to keep you powered!
- You will have to carry everything in and out with you, so look for light packaging which is easy to pack down. Use a zip lock bag to put rubbish in which will prevent leakage and smells.