



Stage III Hike Gear List Template

This list has been created as a base for a **five day hike** in the Alpine National Park in Victoria. Adjust, as needed, for length of hike and the environment your group will be hiking in, with advice from your program leader/facilitator, or Wollangarra Director. Hiking in the high country can be a solid undertaking, and the gear you'll need to take needs to be up to the task.

Borrowing gear from Wollangarra:

You can borrow Stage III gear from Wollangarra, the same as any other Wollangarra program.

Group equipment:

Once your group has sorted how you're organising your hike and what gear you need to borrow from Wollangarra, you will need to liaise with Woll to organise the group cooking equipment, tents/shelters/tarps and food (if needed), as well as all the required safety gear for the leaders to take, such as a first aid kit, satellite phone etc. See Stage III Group Gear list.

Gear required:

Please **thoroughly** go through this list and tick the relevant boxes. Then please **scan** (or take a photo) **and return it to your Stage III trip leader.**

ITEM	I HAVE IT	I WILL BUY IT	I NEED TO BORROW FROM WOLL (include size)			
1 X Good walking boots .			Size:			
Hiking Pack (must be >60 litre capacity)			S	M	L	
Sleeping bag suitable for alpine conditions (minus 5 is the minimum rating for an Alpine-areas hike) & Inner sheet						
Sleeping Mat						
2 x warm woollen or polar fleece jumpers (must have at least one woollen)			S	M	L	
Bowl, Mug & Spoon						
Water bottle/bladder (2 litre capacity) - empty and clean soft drink or juice bottles (1 litre+) may help you get to 2 litres						
Rain Coat (prefer Gortex, or equivalent, quality)			S	M	L	XL
Waterproof Over pants			S	M	L	XL
Emergency Whistle						
Thermals (2 x long sleeve tops & 2 x pants - wool or polypropylene)			S	M	L	

ITEM	I HAVE IT	I WILL BUY IT	I NEED TO BORROW FROM WOLL (include size)		
Beanie - woollen or polar fleece					
Mittens/gloves - not bulky, made of woollen, polar fleece or other synthetic material			S	M	L
Shorts - “quick-dry” swimming or sports shorts best (op-shops are a great source for these).			Not available		
Long-sleeved collared Shirt for hiking (op-shops are a great source for these).			S	M	L
Gaiters			S	M	L
Sun Hat - wide-brimmed suitable sun hat, best with a chin-strap or secured with an elastic headband for windy days					
Long pants (optional - thermals & overpants ok)			Not available		
Undies x at least 3			Not available		
Socks x at least 3 - thick wool or wool-nylon-blend socks					
Head torch & enough spare batteries					
Large garbage bags - ideally the large orange ones x 2 / Dead Dog Bag			Not available		
a small Blister Kit - bandaids, sports tape, ‘second-skin’ or other brand blister-specific products suitable for the level of blisters that you normally may receive on hikes			Not available (though hike leaders will carry a first aid & supplementary blister kit),		
Personal Medications - such as asthma puffer, medications that you need to take daily etc.			Not available		
Toothbrush & toothpaste (save weight, bring a smaller/half used tube)			Not available		
Small tube of Sunscreen			Not available		
1 x half roll of Toilet Paper - waterproofed inside 2 x plastic bags (inside a bread bag inside a zip-lock bag always works well) for emergencies			Not available		

End of list

You may wish to bring a camera for your memories. Make sure it's suitably waterproofed. A small notebook, even some spare sheets of paper, and a pen or pencil waterproofed inside a zip-lock bag may be of interest to you to journal, jot-down, scribble or draw your experience as it happens.

Extra-waterproof anything that shouldn't get wet - your sleeping bag, spare clothes, torch, camera etc.

Contact your program leader/facilitator if you have any questions.