

# Transitional Journeys



## EQUIPMENT LIST

- **comfortable** backpack (65 litres)
- **warm** sleeping bag (coldish nights)
- **light** bedroll
- **light** raincoat or poncho – strong / hard wearing
- **comfortable** walking boots (worn in and **Must have ankle support**)
- **River shoes** or reef shoes for crossing the river- (**no crocks or thongs**)
- 3 pairs of **good** socks (explorer style - not too much nylon)
- sock protectors (ankle skirts)
- underwear
- 2 shorts
- 1 long pants
- 1 warm jumper
- 2 t shirts
- 1 long sleeved shirt (to keep the sun off)
- thermals if necessary
- bowl-unbreakable
- cup-unbreakable
- fork / spoon
- journal / pen/ pencils
- pocket knife if you want
- 3 large strong garbage bags
- bandaids/ blister pads
- drink bottle(1.5litre)
- small towel (we use a light sarong)
- toiletries (no soap, shampoo or deodorant)
- sanitary and medical requirements
- hat + beanie
- small torch/ batteries
- 1 roll toilet paper
- 8 serves of breakfast – a muesli of your choice with preferred milk powder already added. (ready to add cold or hot water)
- handkerchief or similar sized light fabric for drying feet

\*the above **includes what you wear** and gear must be kept to a minimum as **everyone** will be required to **carry a share of the food and equipment as well.**

**\*\*We will take a camera, sunscreen, toothpaste, and a moisturising goodie bag to be shared.**

\*\*\*Please note: definitely **no** alcohol, marijuana, non- prescribed drugs, walkmans, Ipods, electronics, magazines, books, mobile phones.

**No** extra food as this will be bought and pre-prepared and the weight shared between all.

We will be taking a small guitar and other small musical instruments can be carried but discuss first.