

# Packing list



Packing the right equipment will help you have a great experience. The lighter you pack, the more you'll enjoy the walk. If you follow the list, and select lightweight options, your pack should weigh no more than 12kg (including 2 litres of water).

You are likely to experience a variety of weather – often in one day. Sunny and calm conditions are common, however this is an environment shaped by strong winds, rain and sea fog, so you need to be prepared for this weather.

## Essentials

- Backpack (capacity of around 50 litres)
- Backpack liner (to keep everything dry)
- Day pack (lightweight and pack down to fist-size). Useful for Day 3 when you can leave your main backpack at the cabin while you walk out to The Blade and back.
- Concession card (only Australian Seniors Card, Australian Health Care Card, Australian Pension Card)
- Hiking shoes or boots (water resistant, with sturdy soles)
- Sleeping bag (rated to -5°C)
- Sleeping bag liner (keeps your bag clean and you warmer)
- Handheld or head torch (with spare batteries)

### CLOTHING

#### *For on the track*

- Rain jacket with hood (waterproof, windproof, breathable)
- Overpants (waterproof, windproof, breathable)
- Light jacket (fleece or woollen/merino)
- Walking trousers or shorts (quick-dry fabric **not denim jeans**)
- Walking shirt (long or short-sleeved, quick-dry fabric)
- Thermals (long-sleeve top & leggings, merino or polyprop)
- Socks
- Underwear
- Beanie
- Gloves
- Sun hat
- Sunglasses

#### *For the evenings*

- Warm jacket (e.g. down, fleece or woollen/merino)
- Shirt (long or short-sleeved)
- Warm, long pants
- Lightweight footwear (thongs, sandals or cros)

### TOILETRIES

- Travel towel (light and quick-dry)
- Sunscreen
- Insect repellent
- Ear plugs (snorers can be loud!)
- Personal toiletries (e.g. toothpaste, toothbrush, deodorant, moisturiser etc)
- Toilet paper and trowel (in case of trackside toileting)

### FOOD AND WATER

- Water bottle(s) or water bladder (2 litre total capacity)
- Lightweight crockery and cutlery (e.g. bowl, plate, knife, fork, spoon, mug)
- Pocket knife
- 3 breakfast meals
- 4 lunch meals
- 3 dinner meals
- Snacks (e.g. dried fruit, nuts, muesli bars, chocolate)
- Hot drinks (tea, coffee, hot chocolate, instant soup)
- Tea towel
- Rubbish bags

### SAFETY

- First Aid Kit – recommended: bandaids, blister packs, Elastoplast, gauze patches, compression bandage, triangular bandage, scissors, tweezers, medications (e.g. antihistamine, anti-inflammatory, antiseptic cream, paracetamol)
- Personal medication
- Personal identification (licence or passport)

## Optional

- Mobile phone
- Camera (and spare batteries or USB power cord – there are charging outlets in each hut, with USB sockets)
- Binoculars (to see albatross, eagles, whales and seals!)
- Bathers (there are beaches at the start and end of the walk)
- Dry bags for spare clothes and sleeping bag
- Thermos flask for a hot drink while on the track
- Walking poles
- Book/journal

## What we provide

- Individual bunk beds with vinyl mattresses (no pillow)
- Gas cooktops with self-ignition
- Hut libraries with a variety of reference books, including field guides
- Basic meal preparation items, e.g. stainless steel bowls, chopping boards, pot stirrers, serving spoons, tongs, whisks, colanders/drainers, spaghetti servers
- Basic cookware, e.g. pots, pans, kettles
- Cleaning scourer and biodegradable dishwashing liquid
- Toilet paper at each overnight site
- Rainwater from tanks at each overnight site
- Antibacterial soap
- Clothesline and pegs
- Three Capes Track storybook *Encounters on the Edge* (with maps). **Collect from the registration desk at Port Arthur Historic Site.**

**BIOSECURITY:** The Three Capes Track is currently free of many pests, weeds and diseases – and we'd like to keep it that way. Our biggest threats are *Phytophthora* (root rot), didymo algae, chytrid frog fungus, myrtle rust and weed seeds. Before you pack, CHECK, CLEAN AND DRY all clothing and equipment, paying special attention to boots, Velcro (on jackets), pockets, trowels and trek poles. On arrival at Denmans Cove, use the boot washdown station at the start of the track. As a further precaution, also use the boot washdown station on day 2 at the junction with the Cape Pillar Track.

## Top 11 Tips

- 1 You must carry out what you carry in. Remove unnecessary packaging before you start. Take sturdy plastic bags (snap-lock are great) to contain any food, so it doesn't spill in your backpack.
- 2 Only take what you need on the track. Any luggage you don't need can be stored at Port Arthur Historic Site and collected at the end of your walk.
- 3 In addition to using a waterproof backpack liner, it is recommended you also pack your sleeping bag and spare set of clothes inside leak-proof plastic bags (also known as 'dry bags').
- 4 Cotton and denim clothing (jeans) soak up water and will make you cold in wet weather. Merino (woollen) or polypropylene clothing is recommended.
- 5 Bring a sealable container or snap-lock bags to pack your lunch in.
- 6 Bring a lightweight sturdy bag to carry all your food in when walking between the sleeping and cooking/dining areas.
- 7 Use your spare clothes to form a pillow by rolling your spare clothes inside your fleece or down jacket. Lightweight, compact travel pillows are also available at camping stores.
- 8 Hot drinks are a great way to warm up at the start and end of each day. If you can't imagine life without coffee, purchase a lightweight coffee plunger from a camping store.
- 9 Keep something to eat in an accessible part of your pack, or pocket, so that you have food on hand in cold or wet weather.
- 10 Wear sunscreen, even when it's cool. Tasmania has high levels of UV radiation.
- 11 It is a good idea to wear shorts, zip-off walking pants or trousers that can be rolled above the knee when disembarking at Denmans Cove. Have a towel handy at the top of your pack.

