

# equipment list for upper wilkin trek -----

Summer weather is usually quite warm in the Wilkin Valley. However it is a remote mountain route and winter type conditions can happen any time of year. If you have any questions about the clothing list below, please be sure to contact us at [action@aspiringguides.com](mailto:action@aspiringguides.com). There will be time to make last minute purchases.

## personal equipment checklist

### Body

- Thermal long underwear top and bottom
- Midweight fibrepile sweater
- Polarfleece jacket
- Goretex (or similar) jacket and overpants (waterproof)
- Lightweight shorts and cotton shirt for warm weather

### Feet

- Hiking boots / shoes (broken in hopefully)
- 3 pair warm socks
- Gaiters are optional

### Head

- Warm hat which covers ears
- Sun hat
- Sun glasses
- Sun cream and lip cream

### Hands

- Wind proof warm gloves or mittens

### Accessories

- Personal toiletries and medication
- Camera and film
- Insect repellent
- Water bottle – at least 1 litre
- Headtorch or flashlight
- Optional : Collapsible trekking pole (3 section pole best to fit into a small pack)
- Optional : Earplugs (handy if snorers are present in the hut!)

We supply sleeping bags & liners, sleeping pads at the campsites.

Often people prefer to use their own backpacks. We supply a midsize pack for those who want one. You do not need a large pack. A 30-40 litre pack is fine- Mac Pac Pursuit is a good example. We supply snack foods throughout each day. If you have any questions about the clothing list, please be sure to contact us at [climb@aspiringguides.com](mailto:climb@aspiringguides.com)

PLEASE TICK :

- I have all my own equipment
- I would like Aspiring Guides : Wild Walks to supply me with :

Name : \_\_\_\_\_