





















OVERLAND TRACK WINTER - EQUIPMENT LIST

If you are unsure about anything, check with us before buying.












YOU PROVIDE THE FOLLOWING

ITEM	IMAGE SAMPLES	BRAND AND MODEL EXAMPLES	NOTES	YOU PROVIDE	✓
BACKPACK					
Hiking backpack	 	Mont <i>Backcountry</i> Mont <i>Pioneer</i>	Fitted to your back length. large size (75 litre minimum), padded waist and shoulder straps, internal frame.	1	
Pack Cover and liner	 	Sea to Summit	Liner can be a tough garbage bag but it must be long enough to fold over once fully loaded	1 of each	
Day pack - lightweight	 	Sea to Summit <i>Ultralight packable daypack</i>	Used for day trips. Must be super-lightweight	1 Optional	
CLOTHING					
Underwear	  	Icebreaker Mont	Polypropylene or merino No cotton	2-3	
Thermal top and pants (base layer)	  		Worn next to the skin, polypropylene or merino, two different weights for different temperatures but both can be layered if very cold. Thumb loops on sleeves help to keep hands warmer. Bring a T-shirt if you warm easily. No cotton	2 of each	
Fleece jacket or pullover	  		Worn over thermal top, full zip (gives better ventilating options), Polartec 100 (or 200 if you feel the cold), No cotton	1	
Pants	  		Worn over thermal base layer. Polartec 100 or fast-dry fabric. Bring shorts or trekking pants if you warm easily, bring fleece pants if you feel the cold. No cotton	1	
Shell jacket	 	Mont <i>Odyssey</i> One Planet <i>Torent</i>	Worn over thermals and fleece, large hood with reinforced rim, large pit zips for ventilation. Do not use a mesh- or fleece-lined jacket, it must be a shell only.	1	

OVERLAND TRACK WINTER - EQUIPMENT LIST

If you are unsure about anything, check with us before buying.

YOU PROVIDE THE FOLLOWING

ITEM	IMAGE SAMPLES	BRAND AND MODEL EXAMPLES	NOTES	YOU PROVIDE	✓
Shell pants		Mont <i>Tempest</i> One Planet <i>Overpants</i>	With side zips, and braces if you prefer. Add long extensions to all zipper sliders.	1	
Puffer jacket	 	Mont <i>Neon Hoodie</i> Patagonia <i>Nano-Air</i>	Down or light synthetic, windproof. Synthetic is preferable in a cold environment. Hood adds extra warmth	1	
Fleece or wool hat		Icetek <i>Lo Go Beanie</i>	Ear coverage One thin, one thick No cotton	2	
Neck gaiter or 'Buff'		Buff <i>Original</i>	Protects neck and face, can be worn multiple ways. Thin No cotton	2	
Shell mitts		Outdoor Research <i>Revel Shell Mitts</i>	Waterproof and tape-sealed Help keep mittens dry and adds significantly to warmth. No insulated one-piece mittens, they are difficult to dry and often cold when wet	1 pair	
Warm mitts	 	Outdoor Research <i>Shuck Mitts</i> Outdoor Research <i>Flurry</i>	Wool or fleece. Mitts are warmer than gloves No cotton. No insulated one-piece mittens, they are difficult to dry and often cold when wet	1 pair	
Liner gloves		North Face <i>PowerStretch</i>	Polypropylene, capilene or merino. For inside the tent. Not to be used as mitten liner as this makes the hands cold by preventing skin to skin contact of fingers. No cotton	1 pair	
Thick socks		Bridgedale Wigwam Smartwool	Warm socks worn with boots. Rotate two for walking, keep one for nights. No cotton	2 pair	
Waterproof socks		SealSkinz <i>Cold Weather Mid-Length</i>	Waterproof socks help keep your feet drier and warmer but they do eventually get wet. Can replace 1 pair of thick socks	1 optional	

OVERLAND TRACK WINTER - EQUIPMENT LIST

If you are unsure about anything, check with us before buying.



YOU PROVIDE THE FOLLOWING

ITEM	IMAGE SAMPLES	BRAND AND MODEL EXAMPLES	NOTES	YOU PROVIDE	✓
Nylon liner socks		Bridgedale Wilderness Wear Wigwam Ininji	Fine knit, helps prevent blisters when worn under thick socks. No cotton	1 or 2 pair Optional	
FOOTWEAR					
Hiking boots		Scarpa <i>Terra GTX</i> Scarpa <i>Kailash</i>	Must have ankle support. Leather is preferable but it must be worn in and waterproofed. Synthetic boots must be waterproofed and preferably have a Gore-Tex lining. Treat with appropriate <i>Nikwax</i> product. Do not use leaky boots	1 pair	
Gaiters		Sea to Summit <i>Overland</i> or <i>Alpine eVent</i>	High cut to keep snow out of your boots.	1	
Hut boots		Sea to Summit <i>Hut Booties</i> Crocs	For inside the hut/tent and quick trips outside. Crocs without holes are better but a bit heavier	1 pair	
EYEWEAR					
Sunglasses		Julbo <i>Trek</i> Smith Optics <i>PivLock</i> Oakley <i>Flak</i>	100% UV protection. Wrap around protection is preferable in case of blowing snow Avoid metal frames	1	
Spare contact lenses or prescription glasses if required				As required	
POWER / CHARGING					
Power bank			For charging devices. Keep to a minimum. Optional	1	
OTHER EQUIPMENT					
Sleeping bag		Mont <i>Spindrift</i>	Down is the lightest and most compatible fill but it does not tolerate damp very well so it's important to keep it dry. Must have a hood with drawcord	1	
Sleeping bag liner		Silk. For additional warmth		1	
Head lamp		Petzl <i>Tikka</i>	lightweight, spare sets of lithium batteries or rechargeable if you have a battery bank	1	
Water bottle		Nalgene 1L Sports sipper 1L Camelback bladder 2L	Water is plentiful along the trail so 2 litres of carrying capacity is adequate. If using a Camelback an insulated hose cover is handy to prevent freezing	2L	

OVERLAND TRACK WINTER - EQUIPMENT LIST

If you are unsure about anything, check with us before buying.

YOU PROVIDE THE FOLLOWING

ITEM	IMAGE SAMPLES	BRAND AND MODEL EXAMPLES	NOTES	YOU PROVIDE	✓
Stuff sacks		Sea To Summit <i>Ultra-Sil Stuff Sacs</i>	For packing clothes etc. L or XL.	2-3	
Pocket knife / multi-tool		Leatherman, Swiss Army Knife. Lightweight		1	
Personal toiletries & medications - Wet Wipes, toothbrush, toothpaste, anti-bacterial gel, Band-Aids, blister kit etc. Keep to a minimum.				✓	
Sun cap, sun screen and lip protection (SPF50+)				1	
Camera		With lithium-ion batteries, preferably waterproof, camera phone OK but more difficult to use when cold		✓ Optional	
Ear plugs		You may have snorers in the hut or tent		✓ Optional	
Baseball cap - lightweight		May be sunny. Fast dry and lightweight is preferable.		✓ Optional	
Hiking poles		Helinox <i>Passport</i>	Very useful, particularly for ascents and descents, but often awkward on gaps in the boardwalk. Must use rubber stoppers on the tips but tape them on as they often come off.	✓ Optional	

Other information:

There is no opportunity to visit an outdoor store once you have arrived so please be sure to bring everything that is required. Do not bring extra things without consulting with us in advance.

Charge all batteries and devices before leaving home and top up in your hotel the previous night.

Pack weight

Do not add anything to the list above without consulting us. Every extra item is additional weight and slower progress. Your pack should be around 15kg and not heavier than 18kg. We do a gear check prior to departure and excess items will need to be left behind.

WE WILL PROVIDE THE FOLLOWING, most of which you return to us after the trip

ITEM	QUANTITY	NOTES	✓
Snowshoes	1 pair	We will supply snowshoes if snow is present or forecast	
Tent and anchors	1	Backup shelter. 1 per 2 people	
Sleeping mattress	1	Minimum 4+ R-Value	
Trekking food		see Trekking Food and Diet	
Cooking equipment	3 per group	Gas stove, kettle, gas canisters, matches	
Eating equipment	1 set	Bowl, mug, spoon	
Toilet paper, hand sanitiser, poo tube	1		
Navigation Equipment	Guide	Compass, maps, GPS	
Communications	Guide	Sat phone, sat modem, PLB's, tracking beacon	
Medical kit	Guide		
Repair kit	Guide		

OVERLAND TRACK WINTER - EQUIPMENT LIST

If you are unsure about anything, check with us before buying.

USEFUL INFORMATION	
cameras	SHOULD BE WATERPROOF. A camera brought from the cold into a warmer tent will fog up instantly. Always keep it covered until it reaches the ambient temperature before using it. Remember, the smaller the buttons, the more difficult to operate. Best performing compact camera in the cold is the
cold	Tasmania can be very cold in winter, the coldest recored temperature is -13C. This is manageable (and exciting!) with the right clothing and equipment, but don't underestimate it, even if you are reasonably cold-tolerant. Be sure that all of your gear - clothing and equipment - is in full working
dressng	Because you'll be active during the day, it will be unlikely that you will wear anything more than 2 layers while walking. Avoid tight fitting clothing. Even your base layer should be quite loose. Thumb-loops on sleeves add warmth to hands. Inside the hut/tent you will be warm enough to get by without gloves.
eating	The food we provide is high in energy, easy to prepare and relatively low in weight and bulk. If you do not eat or drink adequately you will feel the cold much more, hunger and dehydration are two of the main contributors to hypothermia.
electronics/ batteries	Cold has a negative effect on electronics and batteries. Lithium batteries work best, alkaline, NiCad and rechargeable do not hold their charge very well in extreme cold so DON'T BRING THEM.
environmental ethics	We operate on a Leave No Trace policy, in other words we leave the track in exactly the same way we found it, or better.
fabrics	Cotton. Avoid cotton garments as they do not retain heat when wet Polar fleece. Excellent under all conditions Gore-Tex. Excellent in wet and cold conditions Merino wool. Excellent for base layers Synthetics. Excellent strength and tear resistance, not as warm as wool Windstopper/Windbloc. Excellent in hats but not useful under shell clothing
hiking and resting	We usually hike for 60 minutes then have a short break, and a longer break after each 2 hours. Drink and eat during every break or you will feel the effects of hunger and dehydration. We will hike between 4 and 8 hours per day depending on the itinerary. On occasions we will do a short side trip to special lakes, waterfalls and other features.
hygiene	Bring some personal hygiene items. There won't be any running water and warm water is at a premium. A quick-dry wash cloth or a small amount of wipes can be used for washing yourself but you will need to carry them, so minimise. Disinfectant hand-wash is available, use it after toileting and before cooking/eating. We use the composting toilets nearby the huts and poo tubes if required along the trail.
lenses	Avoid very dark lenses in sunglasses, a moderate tint is fine.
orthotics	Be sure to purchase boots big enough to include warm socks, and orthotics if you use them.
packing your backpack	First place your filled water bladder (if using one) in the pack sleeve. Then line your pack with the liner. Pack your sleeping bag (the stuff sac should also be lined with a plastic bag), mattress and tent first, placing them upright in the bottom of the pack. Then fill in the gaps with other soft items, stuff
power	Only lithium batteries work well in the cold, do not bring alkaline, nicad or rechargeable batteries. You may bring a battery bank but keep it small and light
sleeping	Your sleeping bag should be 4-season rated, preferably with down fill which is light and compactable. We provide insulating mattresses with a combined R-Value rating of 4 or more. We guarantee you the option of 8 hours sleep every night.
waterproofing	Waterproofing is extremely important in this environment. Shell clothing must have tape-sealed seams and be unlined, ie just a basic shell with no lining.
zips	Add knotted cord extensions to all your zips to make them easy to grab with handwear on, about 5-7cm is ideal. Make sure all zips are working well, a broken or malfunctioning zip can be disastrous.

OVERLAND TRACK WINTER - EQUIPMENT LIST

If you are unsure about anything, check with us before buying.

