



## Walker Safety Checklist

This is a list of **ABSOLUTE MINIMUM** equipment/clothing you need to have with you on the track to protect you from exposure to cold, wet and windy weather.

**Please complete this checklist and present it to staff at the Cradle Mountain Visitor Centre.**

I/we ..... (name and booking number)

understand the risks of walking in Tasmania's remote alpine areas. Frequent extreme weather can occur anytime and deaths have resulted when people are caught out unprepared. I/we confirm that I am/we are well prepared, by wearing or carrying **at a minimum**:

- ☐  A quality tent (3-4 season rating with inner and outer layer) or effective form of emergency shelter). Even if you plan to sleep in the huts, you must still carry a tent. The huts may be full, or injury/severe weather may prevent you from reaching the hut.
- ☐  A good quality warm sleeping bag (kept dry in a waterproof bag) (minimum temperature rating  $-10^{\circ}\text{C}$ )
- ☐  A good quality waterproof jacket with a hood and storm front
- ☐  A warm fleece or woollen jumper (not cotton) and thermal base layers
- ☐  A warm hat or beanie and gloves
- ☐  Long pants (quick dry fabric, not denim jeans) or shorts and thermal long pants
- ☐  Camp clothes kept dry in a waterproof bag (for wearing in evening)
- ☐  Sturdy footwear (e.g. lace-up hiking boots with strong soles)

Signature: ..... (on behalf of group)

Departure date: .....

# OVERLAND TRACK



## Gear checklist

**This comprehensive gear checklist includes all items you should consider when packing.**

Packing the **right** equipment makes the difference between a good experience and a bad one. Be very efficient about what you pack. The lighter you pack, the more you'll enjoy the walk.

Remember, on the Overland Track, you are likely to experience all types of weather – often in one day. It is not uncommon for you to depart from a hut in the morning enjoying sunshine and by mid-afternoon be battling through a blizzard. Be prepared!

**BIOSECURITY:** The Overland Track is part of the Tasmanian Wilderness World Heritage Area. It is currently free of many pests, weeds and diseases – and we'd like to keep it that way. Our biggest threats are didymo (from New Zealand), phytophthora root rot, chytrid frog fungus, platypus mucor disease, myrtle rust and weed seeds. Before you pack, **CHECK, CLEAN AND DRY** all clothing and camping equipment, paying special attention to boots, Velcro (on gaiters and jackets), pockets, tents, tent pegs, trowels and trek poles. On arrival at Cradle Mountain Visitor Centre, use the boot washdown station before you depart.

### Checklist

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| <ul style="list-style-type: none"><li><input type="checkbox"/> pack (with comfortable shoulder, hip and chest straps)</li><li><input type="checkbox"/> pack liner (to keep everything dry)</li><li><input type="checkbox"/> tent* (3-4 season rating with inner and outer layer) plus short lengths of cord/rope to help secure tent to tent platforms</li><li><input type="checkbox"/> sleeping bag (to -10°C) kept dry</li><li><input type="checkbox"/> sleeping bag inner-sheet</li><li><input type="checkbox"/> sleeping mat</li><li><input type="checkbox"/> waterproof coat (with hood)</li><li><input type="checkbox"/> waterproof over-trousers</li><li><input type="checkbox"/> trekking pole(s)</li><li><input type="checkbox"/> walking boots (sturdy, with good ankle support)</li><li><input type="checkbox"/> hiking socks</li><li><input type="checkbox"/> gaiters (protection from snakes, mud, prickly bushes)</li><li><input type="checkbox"/> thermal long-sleeve top and long johns/bottoms</li><li><input type="checkbox"/> walking clothes (lightweight, quick dry shorts/trousers, shirt, fleece jacket – not cotton or denim)</li><li><input type="checkbox"/> camp clothes (kept dry) for evenings</li><li><input type="checkbox"/> camp shoes (eg crocs, thongs)</li><li><input type="checkbox"/> beanie</li><li><input type="checkbox"/> gloves</li><li><input type="checkbox"/> sun hat</li><li><input type="checkbox"/> bathers/swim suit</li><li><input type="checkbox"/> sunglasses</li><li><input type="checkbox"/> sunscreen</li><li><input type="checkbox"/> toilet trowel</li><li><input type="checkbox"/> toilet paper</li><li><input type="checkbox"/> toiletries</li><li><input type="checkbox"/> ear plugs (snorers can be very loud)</li><li><input type="checkbox"/> antibacterial hand gel</li><li><input type="checkbox"/> fuel stove and fuel**</li><li><input type="checkbox"/> waterproof matches (in a waterproof container)</li><li><input type="checkbox"/> food (lightweight, nutritious, remove excess packaging)</li><li><input type="checkbox"/> cooking pot(s)</li><li><input type="checkbox"/> cooking utensils (knife, fork, spoon, mug, plate or bowl)</li><li><input type="checkbox"/> scourer (for washing dishes)</li><li><input type="checkbox"/> water bottles (2 -3 litres)</li><li><input type="checkbox"/> water filter or purification tablets</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Overland Track map</li><li><input type="checkbox"/> compass</li><li><input type="checkbox"/> PLB (personal locator beacon)</li><li><input type="checkbox"/> GPS</li><li><input type="checkbox"/> Satellite phone (mobile phone reception is unreliable)</li><li><input type="checkbox"/> first aid kit</li><li><input type="checkbox"/> torch and spare batteries</li><li><input type="checkbox"/> pocket knife</li><li><input type="checkbox"/> whistle</li><li><input type="checkbox"/> day pack (for side trips)</li><li><input type="checkbox"/> camera</li><li><input type="checkbox"/> binoculars</li><li><input type="checkbox"/> books/field guides</li><li><input type="checkbox"/> cards/games</li><li><input type="checkbox"/> notebook, pencil</li><li><input type="checkbox"/> personal identification</li></ul><br><p><b>FIRST AID KIT ITEMS</b></p> <p>Each walking group should carry at least one comprehensive first aid kit.</p> <ul style="list-style-type: none"><li><input type="checkbox"/> emergency space blanket (for hypothermia)</li><li><input type="checkbox"/> pressure bandages (for sprains/strains, snakebite)</li><li><input type="checkbox"/> non-stick gauze dressings (for grazes/cuts)</li><li><input type="checkbox"/> triangular bandage (for slings)</li><li><input type="checkbox"/> butterfly clips (to close deep wounds)</li><li><input type="checkbox"/> elastoplast (to secure dressings, prevent blisters etc)</li><li><input type="checkbox"/> bandaids (for minor blisters and cuts)</li><li><input type="checkbox"/> blister pack (for serious blisters)</li><li><input type="checkbox"/> antiseptic cream</li><li><input type="checkbox"/> insect repellent (leeches, mosquitoes, march flies)</li><li><input type="checkbox"/> safety pins</li><li><input type="checkbox"/> scissors</li><li><input type="checkbox"/> tweezers</li><li><input type="checkbox"/> medications (eg pain relief, anti-inflammatory, antihistamine, gastrostop)</li></ul> |
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\*Tent: You must carry a tent in the event a hut is full. An Overland Track Pass does not guarantee you a bed at the hut. A tent is also an important emergency shelter if bad weather or injury prevents you from reaching a hut.

\*\*Fuel Stoves: The Overland Track is a Fuel Stove Only Area. Campfires are not permitted. You must carry a fuel stove for cooking (the hut heaters cannot be used for cooking). Check your fuel stove before you depart to ensure it is operational. Use the metal fuel plates provided on the tent platforms to cook upon, or the cooking benches or tables inside the hut. Do not place fuel stoves or hot pots on vegetation, or dispose of boiled water on vegetation. Ensure you have the right type of fuel for your stove. On the Bass Strait Ferry (Spirit of Tasmania) and on airlines you cannot bring flammable items such as fuel-stove fuel. Fuel stoves and fuel bottles must be empty, cleaned and aired for 6 hours prior to any flights - check with your airline for specific instructions.

## Top 10 Tips

- 1 Line your pack with a large, sturdy waterproof packliner, then also pack your sleeping bag and dry clothes inside leak-proof plastic bags.
- 2 Regardless of how wet your walking clothes get, always keep a set of dry clothes for when you stop walking. It's impossible to warm up when all your clothes are wet.
- 3 Cotton and denim clothing soaks up water and is not suitable in wet weather. Thermal or woollen clothing is recommended.
- 4 Wear your clothing in layers, so you can easily add/remove layers as you walk.
- 5 Expect to have wet boots and socks. That's the nature of walking in Tasmania. Wearing gaiters is highly recommended.
- 6 In cold and wet weather, your body still needs water. Stop for regular drinks.
- 7 Keep something to eat in an accessible part of your pack, or in a coat pocket, so that you have food on hand in cold or wet weather.
- 8 Wear sunscreen, even when it's cool. Australia has high levels of UV radiation.
- 9 The wind chills. Your raincoat will keep you warm in windy conditions.
- 10 Hat, raincoat, gloves, sunscreen and sunglasses: keep these items in readily accessible parts of your pack. Take them with you when going on side trips.



### How heavy is your pack?

The average weight pack for Overland Track walkers is around 18kg (this includes 2 litres of water). Avoid carrying more than 1/3 your body weight (if you weigh 60kg, you should not carry more than 20kg).

## Looking after your feet

Many people are surprised at the variety of track surfaces on the Overland Track. Two thirds of the track is natural surface, which could include boulders, tree roots, forest litter, gravel and mud. The remaining third has a timber surface to protect sensitive alpine or moorland vegetation. To cope with the variety of track surfaces, you will need sturdy boots, with ankle support and strong gripping soles. To reduce the chance of blisters, make sure your boots are professionally fitted and well worn in. Wear quality bushwalking socks. Gaiters protect your lower legs from scratchy plants, boulder scrapes, mud and snakes. Trekking poles reduce the load on your hips, knees and ankles.



Variety of track surfaces