

Freedom Walking: Gear Checklist

The following is a list of items we recommend that you bring on your walk:

- Rucksack with waterproof liner & cover
- Waterproof raincoat with hood – seamsealed recommended
- Emergency blanket (polarshield) & small first aid kit
- Sleeping bag (Freedom Walk only)
- Boots or strong walking shoes, preferably with ankle support
- Woollen (merino) or polypropylene thermal underwear (top & bottom) – at least two sets.
- Polar fleece jacket or top
- T shirt for fine weather
- Warm hat – fleece or woollen
- Gloves
- Pair of shorts/trousers
- Woollen or thermal socks – three pairs
- Underwear
- Pair of light shoes or sandals for the lodges
- Change of clothing for the evening
- Sunscreen & Insect repellent
- Blister pack and/or footfleece (these are also available from the lodge shop)
- Small torch
- Personal medicine, toiletries
- Camera
- Water bottle
- Food & snacks
- Towel (if you are having a shower at the lodges)
- Money (cash/VISA/Mastercard) to buy refreshments & snacks at the lodges

Optional items you may want to include are a sun hat, gaiters, swimsuit, spare laces, journal, walking poles. We **do not** recommend you walk in cotton garments, jeans or silk thermals. Perspiration means you are likely to feel damp and cold inside even the best raincoat. We recommend you put all your clothing in plastic bags inside your pack liner for added rain protection. Keep your pack as light as possible while still taking the essentials.

If you are heli-packing, we **strongly recommend** that you pack personal medication, spare thermals & food in your day pack. The helicopter is unable to fly in fog or high winds: as such, on very inclement days, we cannot guarantee that your pack will be able to reach you. Whilst the Lodge Managers will make every effort to ensure that you are as comfortable as possible, you will greatly assist your own comfort by carrying a few extra essentials. In the event of a no-fly day, your pack will be flown to the next lodge on the following day – for no extra charge.