

# LWC Gear Checklist for Walking Trips

Equipment	Day Walks	Overnight Walks	Packed?	Clothing	Day Walks	Overnight Walks	Packed?
	Required?	Required?	✓		Required?	Required?	✓
Back pack	Yes	Yes		Thermal top and longjohns	Yes	Yes	
Pack liner	Yes	Yes		Bushwalking shirt	Yes	Yes	
Pack cover	Optional	Optional		Jacket/jumper	Yes	Yes	
Day pack (packable)	No	Optional		Additional jacket/jumper*	Optional	Yes	
Tent	No	Yes		Underwear	Yes	Yes	
Tent poles and pegs	No	Yes		Long trousers and/or shorts	Yes	Yes	
Groundsheet	Optional	Yes		Socks	Yes	Yes	
Sleeping bag	No	Yes		Lace up boots with ankle support	Yes	Yes	
Sleeping bag liner	No	Optional		Camp shoes	No	Optional	
Inflatable pillow	No	Optional		Gore-Tex (or similar) coat with hood	Yes	Yes	
Sleeping mat	No	Yes		Waterproof overtrousers	Yes	Yes	
Sit mat*	Optional	Optional		Balaclava/beanie	Yes	Yes	
Map (laminated if possible)	Yes	Yes		Sun hat	Yes	Yes	
Compass	Yes	Yes		Gloves or mittens	Yes	Yes	
GPS device	Optional	Optional		Spare clothes (thermal top and longjohns, socks and underwear in waterproof bag)	No	Yes	
Water bottle/bladder	Yes	Yes		Scarf or buff*	Optional	Optional	
Vacuum flask/bottle with hot drink*	Optional	Optional		Scrub gloves*	Optional	Optional	
Water bag	No	Optional		Waterproof overmittens*	Optional	Yes	
Yabbie tube for drinking*	Optional	Optional		Gaiters*	Optional	Yes	
Stove and fuel	Optional	Yes		Sunglasses*	Optional	Yes	
Matches/lighter/flint	Yes	Yes		Bathers*	Optional	Optional	
Torch and spare batteries	Yes	Yes		Complete change of clothes (left in vehicle)	Yes	Yes	
Insect repellent*	Optional	Optional					
PLB (club PLB required/group)	Optional	Optional					
Whistle	Yes	Yes					
Emergency bivvy bag (eg SOL bag)	Yes	Yes					
Personal first aid kit	Yes	Yes					
Sunscreen	Yes	Yes					
Personal toiletries	No	Yes					
Toilet paper and trowel	Yes	Yes					
Sponge/cloth	No	Yes					
Nylon cord (several 2-3m lengths)	Yes	Yes					
Sewing kit	Yes	Yes					
Cable ties/2 cm wide sports tape	Yes	Yes					
Pocket knife	Yes	Yes					
Food appropriate to the trip	Yes	Yes					
Spare food for unplanned trip extension	Yes	Yes					
Cooking and eating utensils	Optional	Yes					
Mug/cup	Optional	Yes					
Pot scourer	No	Yes					
Litter bag	Yes	Yes					
Mobile phone	Yes	Yes					
Camera	Optional	Optional					
Walking poles	Optional	Optional					

\* Dependent on season, weather and likely trip conditions. **Please check the weather forecast for the destination area just before you leave home.**

# LWC Gear Checklist for Bike Trips

Equipment	Bus-Supported Trips	Non-Bus-Supported Trips	Packed?
	Required?	Required?	✓
Appropriate bike (MTB/hybrid for off-road, road/hybrid for on-road - check trip preview)	Yes	Yes	
Backpack or bag/pannier on rack/other frame attachment	Optional	Yes	
Bike front and tail light for on-road trips	Yes	Yes	
Head torch (LED) and spare batteries	Optional*	Yes	
Bike hand pump	Yes*	Yes	
Spare inner tube	Yes*	Yes	
Puncture repair kit	Yes*	Yes	
Spare rear derailleur hanger for off-track	Optional*	Yes	
Spare rear derailleur hanger for on-road	Optional*	Optional	
Chain breaker tool and joiner link	Optional*	Yes	
Chain lubricant	Optional*	Optional	
Multi-tool	Optional*	Yes	
\$5 note (emergency fix for slashed tyre)	Optional*	Yes	
Water bottle/bladder	Yes	Yes	
Personal first aid kit	Yes	Yes	
Chamois cream eg bepanthen (especially for longer trips)	Optional*	Optional	
Sunscreen	Yes*	Yes	
Toilet paper and trowel	Yes*	Yes	
Food appropriate to the trip	Yes*	Yes	
Spare food for unplanned trip extension	No	Yes	
Bike bell	Optional	Optional	
PLB (club PLB required/group)	Optional	Optional	
Map or GPS device	Optional*	Optional	
Sit mat	Optional*	Optional	
Insect repellent	Optional*	Optional	

Note: Spare inner tubes, rear derailleur hangers and chain joiner links must be compatible with your bike.

Clothing	Bus-Supported Trips	Non-Bus-Supported Trips	Packed?
	Required?	Required?	✓
Roadworthy helmet	Yes	Yes	
High-visibility clothing for on-road	Yes	Yes	
Waterproof jacket	Yes*	Yes	
Safety glasses or sunglasses (clear/dark)	Yes	Yes	
Warm gloves or mittens	Yes*	Yes	
Sun hat	Yes*	Yes	
Set of thermal clothing	Yes*	Yes	
Bicycle gloves	Optional	Optional	
Bike shorts	Optional	Optional	
Bike shoes	Optional	Optional	
Complete change of clothes (left in vehicle)	Yes	Yes	

\* Item can be left on the bus.

**Please check the weather forecast for the destination area just before you leave home.**