

Royal National Park 20km Walk

Contact: _____ John Eades (Como Jannali Rotary Club) 0427 075 928 – john.eades@bigpond.com

Clothing

- Good pair of walking shoes, (there can be in parts, mud on the track).
- 1 x pair of thongs, sandals: (to give the feet a break after walking)
- 2 x pairs of socks – walking socks with some thickness are even better
- Very light full length pance: (Not essential but may be useful for the night camp).
- 1 x pair of shorts
- 1 x tee shirt but no more than 2 (Two).
- A light jacket that can provide warm and act as a wind cheater and a rain jacket.
- A cheap lightweight poncho
- A beanie or something similar for keeping the head warm.
- A hat with a brim for keeping the sun off the ears and neck.
- Swimming costume

Toiletries –

- Normal items but should also include toilet paper: (just in case....)
- A small light towel
- Insect repellent
- Sun block lotion, cream
- Personal 1st Aid kit. Suggestions: (band-aids, cream for bites & stings,

Sleeping and camping gear-

- Back pack; Comfortable to wear – it helps if fitted with a waist strap
- A light 1, 2 to 3 man tent. Hopefully we can arrange prior to the walk, a share arrangement where only 1 person brings the tent and shares with another person
- A light sleeping bag and ground sheet.
- A light back packers sleeping mat. (not essential, camping ground is grassy and soft)
- A small torch with fully charged batteries
- Plastic garbage bags for packing wet clothing (swimmers) and for food rubbish,
- A light weight camp cooking stove (can be a gas or spirit stove – again a stove can be shared between two people).
- 1 to 2 small light weight utensils for cooking and eating from.
- Spoon, knife, fork and a drinking mug.

Food-

- 3 x litres of water (most essential and must be carried as we cannot rely on accessing water on the walk)
- You need to pack enough food for Saturday lunch, dinner and Sunday breakfast.
- E.G; pasta or something similar for the main meal (Saturday night)
- A **small** tin of fruit – (suggestion only for dinner or breakfast) + can opener
- Fruit poppers or items similar, light weight and high in moisture.
- Dried fruit, nuts etc in a resealable zip bag for nibbling on whilst walking
- Bread, butter, jam, cereals for breakfast

CAMERA - and be prepared to see and photograph things unique to the park