



# Arise

## Hiking Gear:

- Backpack (min. 50-65 litres)
- Waterproof pack cover (often comes with backpack)
- Small 1-2 person tent for yourself (or you can organise to share)
- Sleeping mat
- Sleeping bag
- Headlamp (new batteries + spare batteries)
- Hiking poles highly recommended (many women use only one pole)

  
  
  
  
  
  

## Hydration/Meals:

- Hydration pack (minimum 2L)
- Mug – lightweight but suitable for hot liquid
- Bowl (or your own pot) – lightweight but suitable for hot liquid
- Cutlery (spoon and fork)
- Rubbish bag (e.g. large ziplock bag)

  
  
  
  

## Clothing:

- Hiking boots (“broken in” boots – not brand new)
- Socks (hiking socks with wicking properties recommended e.g. a wool blend)
- Pants for hiking – short or long, designed for outdoor activity (quick dry, NOT cotton or jeans)
- Shirt for hiking – long or short sleeve (quick dry/wicking recommended)
- Warm layer – fleece jumper or puffy (down) jacket (ESSENTIAL, regardless of forecast)
- Waterproof breathable wind/rain jacket (ESSENTIAL, regardless of forecast)
- Underwear

  
  
  
  
  
  

## Personal Care:

- Toilet paper or wet wipes (note – ALL wet wipes need to be carried out as rubbish)
- Small shovel / trowel (for bush toilet purposes)
- Sanitary supplies and Ziploc bag
- Personal medication (prescriptions, ibuprofen, asthma inhaler, EpiPen, etc.)
- Toothbrush & toothpaste
- Sun hat

  
  
  
  
  

## Documents:

- ID/Driver’s license
- Medicare details (e.g. photocopy of card)
- Emergency contact information



## Items To Share (If Possible)

### Cooking:

- Small, lightweight cooking stove
- Small gas can/solid fuel for stove
- Cooking pot
- Lighter or matches

### Miscellaneous:

- Small 2-person tent (if sharing)
- Sunscreen
- Insect repellent

## Do Not Bring

The following items are not allowed on Arise – please leave them at home.

- Makeup
- Mirrors
- Jewellery
- Wrist watches (analogue or smartwatch)
- Electronics – including mobile phones, smartphones, kindle/e-readers, iPads/tablets, iPods/bluetooth music devices
- Food – including gum, mints, snacks, lollies