



**Australia
Mt. Kosciuszko
Sydney Harbor
Packing List**

Mandatory Items:

- **1 backpack:** Minimum gear capacity of 45-60 L. The backpack must have a waist belt and outside pockets to hold (2) 1-liter Nalgene water bottles. It will hold your sleeping bag, sleeping pad, all mountain clothes, headlamp, snacks, 2 water bottles, passport and money.
- **Small roller suitcase or duffel:** This will hold all your gear and personal belongings for travel. It will be left at the Karel Lodge in a secure location while you are on the mountain.
- **1 sleeping bag:** Recommend temperature rating of 10°F. or -12°C. or lower. This is a personal preference based on your internal body temperature. Preferably down-filled. There are various sizes of sleeping bags such as length and zipper side location. Prices are subject to brand and quality of down. Must accompany a compression sack for packing purposes.
- **1 sleeping pad:** Recommend 2-2.5 in. or 6.3 cm. of thickness. Inflatable pads are best for packing purposes. Consider a Z-Rest pad or a Thermarest pad.
- **1 pair of trekking poles:** Recommend an adjustable shaft. No folding poles.
- **2 (1-Liter) Nalgene water bottles** (Camelpacks NOT RECOMMENDED)

Mandatory Items for Feet:

- 1 pair **waterproof** hiking boots
- 2 pairs of lightweight hiking socks, preferable wool

Mandatory Items for Legs:

- 1 windproof/waterproof rain pants. Make sure they will fit over your hiking boots or have a full length zipper on the side of each leg for easy on and off and ventilation
- 1 pair of long hiking pants
- 1 pair of hiking shorts
- 1 pair of thermal underwear (polypropylene, polyester, or silk)
- 1 pair of gaiters for inclement weather

Mandatory Items for Torso:

- 1 windproof/waterproof rain jacket
- 1 medium weight fleece or down jacket
- 1 - 2 pairs of medium weight long sleeve shirts (polypropylene, polyester, or silk)

- 1 short sleeve non-cotton t-shirts

Mandatory Items for Head:

- 1 warm beanie cap
- 1 wide-brimmed hat or visor
- 1 headlamp with batteries
- 1 pair of sunglasses, recommend side protection

Mandatory Items for Hands:

- 1 pair of glove liners or lightweight gloves

Additional Important Items to Bring:

- Sunscreen
- 1 lip balm with sunscreen
- Adapter for Australia
- 1 small personal first aid kit. Include personal medications to assist with digestive problems, headaches, soreness, or other personal health issues that may be of concern. High altitude conditions can cause headaches and fatigue. Consider bringing antibiotics for intestinal and respiratory disorders; Tylenol, Aleve, or Ibuprofen for headache and soreness; Benadryl or other antihistamine for allergic reaction; Melatonin for a sleeping aid; and Diamox for altitude sickness. *K2AT cannot provide these medications; it is your responsibility to bring your own.* Refer to the **K2AT General Information** document for additional information.
- Electrolytes (2 servings)
- Gu or other energy gels
- Daily snacks (two is sufficient)
- 3 compression sacks to organize and compact your mountain clothes
- 1 pack of baby wipes for personal hygiene
- 1 pack of tissues or 1 roll of toilet paper
- 3-5 medium Ziploc (plastic) bags
- 2 large plastic garbage bags if your mountain duffel is not waterproof
- 1 spare pack of batteries for headlamp
- 3 ft. or 1 m. of Duct tape. Wrap around your trekking poles
- 1 small containers of hand sanitizer gels
- 1 pack of disinfectant wipes
- 1 PEE Bottle at least 1.5 L in size

Optional Items to Bring:

- 1 small camping/sleeping pillow
- 1 set of earplugs for sleeping
- 1 container of insect repellent
- Journal and pen/pencil
- Camera
- Music
- 1 pocketknife or multi tool
- Bathing suit for Sydney Harbor tour

IMPORTANT:

- Label all luggage with name and address
- Lock all luggage with TSA approved locks
- Check with your international airline for specific baggage restrictions and if there is a charge for checked baggage. Most international airlines accept 2 checked bags with a 50lb. or 22.5kg. weight restriction. Baggage fees vary by airline.
- Label the 2 Nalgene water bottles with your name
- Use your backpack as your carryon bag for your flight. Keep all medications inside backpack and wear or carry your hiking boots.

Resources:

Check your local outdoor recreational store for all gear and supplies.

Popular resources for researching or purchasing gear and supplies online are:

www.blackdiamondequipment.com

www.sierratradingpost.com

www.rei.com

www.backcountry.com

www.moosejaw.com

www.northface.com

www.mountainhardwear.com

www.marmot.com

<http://www.leki.com>