



# Gill's Three Capes Track Gear Checklist

The following gear checklist is a list of what I carried on the Three Capes Track in Tasmania. Our trip was undertaken in December with temperatures ranging from a low of **around 10°Celsius** at night and a high of **around 23°Celsius** during the day. If you do this walk during winter, you will need extra warmth depending on your personal requirements. Accommodation on this Track is in huts and there are kitchens with gas stoves for cooking.

I have indicated the items I share with Tim such as toiletries and first aid. I've also included some 'swap out' items that may be needed depending on the expected conditions. Use this list as a guide to build your kit for this great walk but make sure what you choose suits your needs.

Pack System		Layering system		Toiletries	
<input type="checkbox"/>	Osprey Eja 58 Backpack x 1	<input type="checkbox"/>	Icebreaker Sprite Racerback Bra and Hot Pants x 2 pairs	<input type="checkbox"/>	Toothbrush x 1
<input type="checkbox"/>	Sea to Summit UltraSil Pack Cover Medium 50-70L x 1	<input type="checkbox"/>	Wilderness Wear COOL MERINO Tencel Singlet x 1	<input type="checkbox"/>	Lush Toothy Tabs x 2 per day (shared)
<input type="checkbox"/>	Sea to Summit 70L Pack Liner x 1	<input type="checkbox"/>	Wilderness Wear COOL MERINO Tencel Tee x 1	<input type="checkbox"/>	Dental Floss (shared)
<input type="checkbox"/>		<input type="checkbox"/>	Kuhl Freeflex Roll-Up Women's Pants x 1 pair	<input type="checkbox"/>	GSI Cathole Trowel x 1 (shared)
<b>Hydration System</b>		<input type="checkbox"/>	Arcade Belt x 1	<input type="checkbox"/>	Toilet paper (10 sheets per day) (shared)
<input type="checkbox"/>	Osprey Hydraulics 2.5L Bladder. X 1	<input type="checkbox"/>	Lightweight yoga pants	<input type="checkbox"/>	Hand sanitiser 50ml x 1
<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear Merino Max 260 Long Sleeve Crew x 1	<input type="checkbox"/>	Sea to Summit Airlite Towel Medium x 1
<input type="checkbox"/>		<input type="checkbox"/>	The North Face Thermoball Women's Full Zip Jacket x 1	<input type="checkbox"/>	Face Sunscreen x 1
<b>Sleep System</b>		<input type="checkbox"/>	Marmot PreCip Jacket x 1	<input type="checkbox"/>	Exped Zip Pack Medium x 1
<input type="checkbox"/>	Sea to Summit Flame FMIV Women's Sleeping Bag x 1	<input type="checkbox"/>	Rainbird Waterproof Pants x 1	<input type="checkbox"/>	Lip Balm x 1
<input type="checkbox"/>	Sea to Summit Aeros Pillow Down Deluxe x 1	<input type="checkbox"/>	Buff Original x 1	<input type="checkbox"/>	Tissues Travel Pack x 1
<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear Neck Gaiter x 1	<input type="checkbox"/>	Personal Wipes x 1 pack
<b>Footwear</b>		<input type="checkbox"/>	Sunday Afternoons Ultra-Adventure Hat x 1	<b>First Aid (Shared items)</b>	
<input type="checkbox"/>	Altra Olympus 4.0 Women's Shoe x 1 pair	<input type="checkbox"/>	Exped Zip Pack Medium x 1	<input type="checkbox"/>	Tweezers x 1
<input type="checkbox"/>	Injinji Trail 2.0 Women's Mid Mini Crew Toesocks x3 pairs	<input type="checkbox"/>		<input type="checkbox"/>	Splinter pick x 1
<input type="checkbox"/>	Dirty Girl Gaiters x 1 pair	<b>Miscellaneous Equipment</b>		<input type="checkbox"/>	Crepe Bandage x 1
<input type="checkbox"/>	Lightweight flip flops x 1 pair	<input type="checkbox"/>	Liive The Edge Sunglasses x 1 pair	<input type="checkbox"/>	Compression Bandage x 1
<input type="checkbox"/>		<input type="checkbox"/>	Black Diamond Ultra Mountain FL Trekking Poles 130 cm x 1 pair	<input type="checkbox"/>	Triangular Bandage x 1
<b>Camp Kitchen</b>		<input type="checkbox"/>	Petzel Actik Core Headlamp x 1	<input type="checkbox"/>	Safety Pins x 5
<input type="checkbox"/>	Sea to Summit Alpha Light Spoon x 1	<input type="checkbox"/>	SOOLALA Glasses x 1 pair	<input type="checkbox"/>	Nurofen x 6
<input type="checkbox"/>	Sea to Summit X-Mug x 1	<input type="checkbox"/>	Charging cable x 1	<input type="checkbox"/>	'Go' – Laxatives x 6
<input type="checkbox"/>	Deejo Tattoo Naked Topography Knife x 1 (shared)	<input type="checkbox"/>	Cygnett Dual USB Wall Charger x 1 (shared)	<input type="checkbox"/>	'Stop' x 6
<input type="checkbox"/>	Sea to Summit X-Mug x 1	<input type="checkbox"/>	Goal Zero Sherpa 40 Power Bank x 1 (shared)	<input type="checkbox"/>	Band-Aids – assorted x 15
<input type="checkbox"/>	500g Peanut Butter Jar (empty) x 1	<input type="checkbox"/>	Sea to Summit See Pouch Small x 1	<input type="checkbox"/>	Exped Zip Pack Small x 1
<input type="checkbox"/>		<input type="checkbox"/>	iPhone 8 x 1	<input type="checkbox"/>	
<b>Safety</b>		<input type="checkbox"/>	Foldback Clip (19mm) x 1	<b>Swap Outs</b>	
	Garmin InReach Explorer+ x 1 (shared)	<input type="checkbox"/>	Osprey Ultralight Stuff Pack x 1 (shared)	<input type="checkbox"/>	Wilderness Wear Merino Mid 195 Leggings
		<input type="checkbox"/>		<input type="checkbox"/>	Sea to Summit Thermolite Reactor Extreme Sleeping Bag Liner x 1
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear PolyPro+190 Women's Long Sleeve Crew
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	