



Tim's Three Capes Track Gear Checklist

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

Equipment is chosen mainly on the following criteria:

- Choosing the lightest most compact gear where possible (but not always)
- Choosing equipment that is comfortable
- Choosing equipment that meets my hiking needs
- Choosing gear that is readily available and where possible supports Australian manufacturers and retailers

Use this list as a guide to build your kit for this great walk but make sure what you choose suits your needs. (January 2022)

Pack System		Layering system		First Aid	
<input type="checkbox"/>	Osprey Talon 33L Pack**	<input type="checkbox"/>	Exofficio Give-N-Go 3" Boxer Briefs X 2	<input type="checkbox"/>	Splinter Pick X 1
<input type="checkbox"/>	This is a small pack but carried everything on this list that I wasn't wearing	<input type="checkbox"/>	Wilderness Wear Men's Cool Merino 155 Long Sleeve Zip Neck Top X 1	<input type="checkbox"/>	Tweezers X 1
<input type="checkbox"/>	Sea to Summit UltraSil Pack Cover Small 30-50LTitreX 1	<input type="checkbox"/>	Wilderness Wear Men's Cool Merino 155 Short Sleeve Hiking Tee X 1	<input type="checkbox"/>	Compression Bandage X 2
<input type="checkbox"/>	Sea to Summit 50L Pack Liner X 1	<input type="checkbox"/>	UA Sportstyle Cotton Graphic Shorts X 1	<input type="checkbox"/>	Triangular Bandage X 1
<input type="checkbox"/>	Sea to Summit 13L Dry Bag X 1	<input type="checkbox"/>	Khul Radakl Men's Pants X 1	<input type="checkbox"/>	Crepe Bandage X 1
<input type="checkbox"/>	Osprey Ultralight Stuff Pack X 1	<input type="checkbox"/>	Arcade Belt X 1	<input type="checkbox"/>	Safety Pins X 5
<input type="checkbox"/>		<input type="checkbox"/>	Wilderness Wear Light Merino Leggings X 1	<input type="checkbox"/>	Nurofen X 6
<input type="checkbox"/>		<input type="checkbox"/>	North Face Men's ThermoBall Hoodie X 1	<input type="checkbox"/>	'Go' - Laxatives X 6
<input type="checkbox"/>		<input type="checkbox"/>	Marmot Men's PreCip Nano Jacket X 1	<input type="checkbox"/>	'Stop' - Imodium X 6
	Hydration System	<input type="checkbox"/>	Rainbird STOWaway Rain Pants X 1	<input type="checkbox"/>	Band-Aids – Misc. X 15
<input type="checkbox"/>	Osprey 2.5L LT Hydraulics Bladder X 1	<input type="checkbox"/>	Buff Original X 1	<input type="checkbox"/>	Exped Zip Pack Small X 1
<input type="checkbox"/>	MSR Thru Link Water Filter	<input type="checkbox"/>	Outdoor Research Radar Sun Runner Cap X1	<input type="checkbox"/>	Sea to Summit 3Litre First Aid Bag X 1
<input type="checkbox"/>		<input type="checkbox"/>	Foldback Clip 19mm X 1	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	Exped Zip Pack Large X 1	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
	Sleep System		Misc. Equipment		Safety Gear
<input type="checkbox"/>	Sea to Summit Spark II Sleeping Bag X 1	<input type="checkbox"/>	Liive The Edge Sunglasses X 1	<input type="checkbox"/>	Garmin InReach Explorer+ X 1
<input type="checkbox"/>	Sea to Summit Silk Liner X 1	<input type="checkbox"/>	Black Diamond Distance Carbon Z Trekking Poles 130cm X 1 pair	<input type="checkbox"/>	
<input type="checkbox"/>	Pillow – Sea to Summit Aeros Pillow Down Deluxe X 1	<input type="checkbox"/>	Black Diamond Revolt Headlamp X 1	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	SOOLALA Lightweight Compact Reading Glasses X 1 pair	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	Charging Cables X 2		Swap outs
	Camp Kitchen	<input type="checkbox"/>	Goal Zero Sherpa 40 Power Bank X 1	<input type="checkbox"/>	Buff Merino Wool X 1
<input type="checkbox"/>	GSI Essential Long Handled Spoon X 1	<input type="checkbox"/>	Scrubba Weightless Wallet X 1	<input type="checkbox"/>	Sea to Summit Head Net X 1
<input type="checkbox"/>	Sea to Summit Cool Grip X-Mug X 1	<input type="checkbox"/>	Exped Zip Pack XS X 1	<input type="checkbox"/>	Lip Balm X 1
<input type="checkbox"/>	Deejo Tattoo Naked Topography Knife X1	<input type="checkbox"/>	Sony ZV1 Compact Camera X 1	<input type="checkbox"/>	Sunday Afternoons Ultra Adventure Hat X1
<input type="checkbox"/>	500g Peanut Butter Jar (empty) X 1	<input type="checkbox"/>	SanDisk Extreme Pro Memory Cards X 2	<input type="checkbox"/>	Scrubba Air Sleeve X 1
<input type="checkbox"/>		<input type="checkbox"/>	iPhone 12 Mini X 1	<input type="checkbox"/>	Sea to Summit Thermolite Reactor Extreme Sleeping Bag Liner X 1
	Toiletries	<input type="checkbox"/>	Battery Case for iPhone X 1	<input type="checkbox"/>	Outdoor Research Active Ice Spectrum Sun Gloves X 1
<input type="checkbox"/>	Toothbrush X 1	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Lush Toothy Tabs X 2 per day		Footwear	<input type="checkbox"/>	
<input type="checkbox"/>	Dental Floss X 25 metres	<input type="checkbox"/>	Altra Olympus 4.0 Trail Runners X 1	<input type="checkbox"/>	
<input type="checkbox"/>	GSI Cathole Trowel X 1	<input type="checkbox"/>	Wilderness Wear Merino Multi Sport 4.0 Sock X 2 pairs	<input type="checkbox"/>	
<input type="checkbox"/>	Toilet Paper X 10 sheets	<input type="checkbox"/>	Altra Trail Gaiters X 1 pair	<input type="checkbox"/>	
<input type="checkbox"/>	Hand Sanitiser X 50 ml	<input type="checkbox"/>	Altra Olympus 4.0 Trail Runners X 1	<input type="checkbox"/>	
<input type="checkbox"/>	Sea to Summit Airlite Towel Medium X 1	<input type="checkbox"/>	Wilderness Wear Merino Multi Sport 4.0 Sock X 2 pairs	<input type="checkbox"/>	
<input type="checkbox"/>	Nail Clippers X1	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Washing Kit Chux X 1	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Washing Kit Teatree Oil X 15ml	<input type="checkbox"/>		<input type="checkbox"/>	