



Tim's East Gippsland Rail Trail Gear Checklist

The following gear checklist is what I carried on the Victorian East Gippsland Rail Trail in mid 2022. My trip was undertaken in June with the temperature ranging from a low of around **0 degrees Celsius** at night and a high of around **16 degrees Celsius** during the day. If you do this walk during summer, you will need to adjust this list in line with your personal requirements. Accommodation options on this trail are tent or commercial accommodation (on-site cabins, hotels etc.) so adjust your gear to the shelter and cooking option you choose.

My equipment is chosen with the following criteria in mind:

- 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.
(June 2022)

| | Pack System | | Layering system | | First Aid |
|--------------------------|---|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | Osprey Talon 36Litre Pack** This is a small pack but carried everything on this list that I wasn't wearing | <input type="checkbox"/> | Exofficio Give-N-Go 3" Boxer Briefs X 2 | <input type="checkbox"/> | Splinter Pick X 1 |
| <input type="checkbox"/> | Sea to Summit Ultra-Sil Pack Cover Small 30-50 Litre X 1 | <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 50L Pack Liner X 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 13L Dry Bag X 1 | <input type="checkbox"/> | Khul Radaki Men's Pants X 1 | <input type="checkbox"/> | Triangular Bandage X 1 |
| <input type="checkbox"/> | | <input type="checkbox"/> | Arcade Belt X 1 | <input type="checkbox"/> | Crepe Bandage X 1 |
| <input type="checkbox"/> | | <input type="checkbox"/> | North Face Men's ThermoBall Hoodie X 1 | <input type="checkbox"/> | Safety Pins X 5 |
| <input type="checkbox"/> | | <input type="checkbox"/> | Marmot Men's PreCip Nano Jacket X 1 | <input type="checkbox"/> | Nurofen X 6 |
| <input type="checkbox"/> | | <input type="checkbox"/> | Rainbird STOWaway Rain Pants X 1 | <input type="checkbox"/> | 'Go' - Laxatives X 6 |
| <input type="checkbox"/> | | <input type="checkbox"/> | Buff Original X 1 | <input type="checkbox"/> | 'Stop' - Imodium X 6 |
| | Hydration System | <input type="checkbox"/> | Outdoor Research Radar Sun Runner Cap X1 | <input type="checkbox"/> | Band-Aids - Misc. X 15 |
| <input type="checkbox"/> | Osprey 2.5L LT Hydraulics Bladder X 1 | <input type="checkbox"/> | Foldback Clip 19mm X 1 | <input type="checkbox"/> | Exped Zip Pack Small X 1 |
| <input type="checkbox"/> | MSR Thru Link Water Filter | <input type="checkbox"/> | Exped Zip Pack Large X 1 | <input type="checkbox"/> | Sea to Summit 3Litre First Aid Bag X 1 |
| <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"/> | Thermarest NeoAir XLite Sleeping Mat X1 | <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 | | |
| | Camp Kitchen | <input type="checkbox"/> | Goal Zero Sherpa 40 Power Bank X 1 | <input type="checkbox"/> | |
| <input type="checkbox"/> | GSI Essential Long Handled Spoon X 1 | <input type="checkbox"/> | Scrubba Weightless Wallet X 1 | <input type="checkbox"/> | |
| <input type="checkbox"/> | Sea to Summit Cool Grip X-Mug X 1 | <input type="checkbox"/> | Exped Zip Pack XS X 1 | <input type="checkbox"/> | |
| <input type="checkbox"/> | Deejo Tattoo Naked Topography Knife X1 | <input type="checkbox"/> | Sony ZV1 Compact Camera X 1 | <input type="checkbox"/> | |
| <input type="checkbox"/> | 500g Peanut Butter Jar (empty) X 1 | <input type="checkbox"/> | SanDisk Extreme Pro Memory Cards X 1 | <input type="checkbox"/> | |
| <input type="checkbox"/> | | <input type="checkbox"/> | iPhone 12 Mini X 1 | <input type="checkbox"/> | |
| | Toiletries | <input type="checkbox"/> | Battery Case for iPhone X 1 | <input type="checkbox"/> | |
| <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 Timp 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 per day | <input type="checkbox"/> | Altra Trail Gaiters X 1 pair | <input type="checkbox"/> | |
| <input type="checkbox"/> | Hand Sanitiser X 50 ml | <input type="checkbox"/> | | <input type="checkbox"/> | |
| <input type="checkbox"/> | Sea to Summit Airlite Towel Medium X 1 | <input type="checkbox"/> | | <input type="checkbox"/> | |
| <input type="checkbox"/> | Nail Clippers X 1 | <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"/> | |