

# Ultimate Gear Guide



**TASMANIAN  
WALKING  
COMPANY**





# Introduction

No adventure is complete without the right gear. Our essential gear checklist covers everything you need, from hiking boots that provide ample support to moisture-wicking clothing that keeps you dry and comfortable in challenging conditions. We'll guide you on selecting essential items tailored to the unique terrain of wild places we walk through.

Having the right gear out on track can make a huge difference to your trip enjoyment, and also to your safety out on track! To set yourself up with the best chance of having a fun and successful trip, we've put together some information on wet weather gear and walking poles, and we've worked with the legends at Sky Podiatry to put together some footwear recommendations for each of our walks.

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### Acknowledgement to traditional owners

In recognition of the deep history and culture of this land, we acknowledge and pay respects to all Tasmanian Aboriginal people, the past and present custodians of the Land. We are privileged to learn from them in the way we care for and share Tasmania's diverse nature and culture, and we strive to walk humbly in the footsteps of those who have walked these paths before us.



# Gear lists for your walk

This guide is suggestions of brands and materials we recommend for common bushwalking gear. Each of our walks has individual gear lists which we highly recommend you read thoroughly and follow for the walk you are joining us on.

## Links for gear lists for specific walk locations:

- 🌿 [Cradle Mountain / Overland Track](#)
- 🌿 [Bay of Fires / East Coast](#)
- 🌿 [Three Capes Track](#)
- 🌿 [Bruny Island](#)
- 🌿 [Wineglass Bay / East Coast](#)
- 🌿 [Larapinta / Alice Springs](#)
- 🌿 [Kangaroo Island](#)
- 🌿 [Great Ocean Road / Twelve Apostles](#)

If you have any questions about gear, please contact our team on [bookings@taswalkingco.com.au](mailto:bookings@taswalkingco.com.au)





# Rain and wet weather gear

Rainwear can be pretty advanced these days, with Gore-Tex, eVent, Synapse, and Hydronaute being some of the types of material found in 3-layer construction jackets on the market. These waterproof jackets have an inner liner, a tough and hydrophobic outer fabric designed to repel water, and a middle waterproof/breathable membrane that keeps water out, whilst also allowing you room to breathe and for sweat to escape! Jackets can also be a 2.5-layer construction, which means they have the durable hydrophobic outer layer and waterproof second layer, but they are then sprayed or printed with a 'half' layer to increase the lifespan and durability of the jacket. This means that whilst they are lighter, they ultimately end up being less durable, and if they fail when out on track you will likely end up very wet and cold.

For this reason, we recommend a 3-layer waterproof jacket, as these jackets have better ability to resist wind, can trap heat better, and will do a better job at keeping you dry in severe wet weather.

Other considerations for wet weather gear include making sure that your jacket is long enough to give you good coverage – a jacket

that finishes at your hips will likely mean you get wet legs and lower torso, so look for jackets that come down to your mid-thigh, or come prepared with 2.5 layer minimum waterproof trousers to wear to ensure you stay dry on your bottom half. You should also ensure that your jacket is the right size for you, that is, there is enough room to wear a warm fleecy layer underneath without your jacket becoming tight or pulling across your chest and shoulders.

A good range of wet weather gear is available and different price points. If you are unsure what jacket might be right for you, we encourage you to visit your local outdoor adventure equipment supplier and have a chat with their gear experts about what you need.

## Guide recommendations:

Wilderness Equipment Deluge Jacket - [www.wildernessequipment.com.au/our-gear/clothing/rainwear/](http://www.wildernessequipment.com.au/our-gear/clothing/rainwear/)

One Planet Wangi Jacket - [www.oneplanet.au/product/wangi/](http://www.oneplanet.au/product/wangi/)





# Walking poles

Walking poles may take a bit of time to get used to when you first walk with them, but on uneven surfaces like beach sand and in muddy and slippery conditions, they can act as a second pair of legs, helping you stay balanced, and reducing the impact on your knees when carrying pack weight and when walking uphill or downhill. On flat surfaces they can help you walk in rhythm, using your energy more efficiently and helping you keep a good pace! Our walks will have sections where poles will come in handy, so we encourage you to consider investing in a good pair of poles before departing on a trip with us.

When purchasing poles, you want to make sure you consider the cost and weight, and ensure you are buying poles that are the right height for you, have appropriately sized handgrips, and that you find easy to adjust. Similarly for wet weather gear mentioned above, there are a range of pole makes, models, and materials that will be available at different price points.

## Guide recommendations:

Black Diamond – Alpine Cork Trekking Poles - [www.blackdiamondequipment.com.au/products/alpine-carbon-cork-trekking-poles-bd112514](http://www.blackdiamondequipment.com.au/products/alpine-carbon-cork-trekking-poles-bd112514)

Macpac- A3 Trekker Poles - [www.macpac.com.au/macpac-a3-trekker-poles/113343.html](http://www.macpac.com.au/macpac-a3-trekker-poles/113343.html)







# Footwear

The terrain and surfaces for our walks vary hugely, with sand, scree, muddy tree-rooted track, rocky track, boardwalk, and landscaped stone paths being some of the types of surfaces you might walk on when on a trip with us. You might also be walking through snow one day, mud puddles the next, and a dry track on a sunny day the next! It is therefore super important to make good footwear choices that set you up for success. Have a read of the handy table below to see what footwear is recommended, and why.

## When choosing footwear, it is important to consider the following:

- Leave some room for the toes (ensure the boots do not touch your toes).
- Ensure appropriate fixation to secure the heel into the boot to avoid any heel lift when walking - this will also ensure that the foot doesn't slip forward on downhill sections which can cause damage to the toenails.
- Ensure the foot is not constricted with any pressure points (this includes having an appropriate shoe width at the forefoot).

- Boots must be well worn in - DO NOT use a new footwear on an overnight (multiple night) walk.
- If they're older boots, ensure the sole is still well attached by doing some practice walks in them as part of your pre-trip training programme.
- If they're older boots, ensure that the boot hasn't deformed / firmed up in places that will cause pressure points by doing some practice walks in them as part of your pre-trip training programme.

## Guide recommendations:

Every foot and boot is different. Try to avoid buying online and visit your local outdoor gear store. If you are based in Tasmania, we recommend visiting [Find Your Feet](#).



WALK	SURFACE DESCRIPTION	RECOMMENDED FOOTWEAR	INAPPROPRIATE FOOTWEAR RISKS
<b>Cradle Mountain / Overland Track</b>	Soft at times, harder in other sections with boardwalk. Muddy, wet. Rocky at times, slippery roots in sections. Potential snowy conditions at any time.	<ul style="list-style-type: none"> <li>- Lace-up, above ankle hiking boots</li> <li>- Synthetic (Gore-Tex) or leather</li> <li>- Ideally waterproof</li> <li>- Rubber soled with good traction</li> <li>- Guests may bring trail runners with them as second pair of footwear but guides may not sign off on guests walking in these if increased risk of injury due to weather/other conditions</li> </ul>	<ul style="list-style-type: none"> <li>- Ankle sprains</li> <li>- Slipping injuries</li> <li>- Blisters</li> <li>- Cold and/or wet weather-exposure injuries to feet</li> </ul>
<b>Cradle Mountain / Overland Track</b> – shoulder season and winter trips	Soft at times, harder in other sections with boardwalk. Muddy, wet. Rocky at times, slippery roots in sections. Snow – potentially heavy snows at knee to waist height, snow melt that is slippery/slushy.	<ul style="list-style-type: none"> <li>- Lace-up, above ankle hiking boots</li> <li>- Synthetic (Gore-Tex) or leather</li> <li>- Ideally waterproof</li> <li>- Rubber soled with good traction</li> </ul>	<ul style="list-style-type: none"> <li>- Ankle sprains</li> <li>- Slipping injuries</li> <li>- Blisters</li> <li>- Cold and/or wet weather-exposure injuries to feet</li> </ul>
<b>Bay of Fires / East Coast</b>	Softer surface. Beach/inland forest. Some rocky/rooty sections.	<ul style="list-style-type: none"> <li>- Sand gaiters (recommended but not required)</li> <li>- Hiking shoes or Trail runners</li> <li>- Lace-up, above ankle hiking boots</li> </ul>	<ul style="list-style-type: none"> <li>- Blisters</li> <li>- Ankle sprains</li> <li>- Exacerbating existing knee/ankle issues due to soft sand walking</li> </ul>
<b>Three Capes Track</b>	Firm. Rock and compressed dirt.	<ul style="list-style-type: none"> <li>- Hiking shoes or Trail runners</li> <li>- Lace-up, above ankle hiking boots</li> <li>- Cushioned sole</li> <li>- Waterproofing is not essential but beneficial</li> </ul>	<ul style="list-style-type: none"> <li>- Blisters</li> <li>- Ankle sprains</li> </ul>
<b>Wineglass Bay / East Coast</b>	Sandy. Some rocky sections. Areas of mud post rainfall.	<ul style="list-style-type: none"> <li>- Hiking shoes or Trail runners</li> <li>- Above ankle walking boots</li> </ul>	<ul style="list-style-type: none"> <li>- Blisters</li> <li>- Ankle sprains</li> </ul>
<b>Bruny Island</b>	Sandy 4x4 tracks, narrow bush tracks with some rock and roots, beach and sand dune walking.	<ul style="list-style-type: none"> <li>- Hiking shoes or Trail runners (for mid-summer walking)</li> <li>- Lace-up, above ankle hiking boots</li> <li>- Waterproofing is not essential but beneficial</li> </ul>	<ul style="list-style-type: none"> <li>- Blisters</li> <li>- Ankle sprains</li> </ul>
<b>Great Ocean Road / Twelve Apostles</b>	Clay/gravel/sand/concrete steps/boardwalk. Can be very muddy when lots of rain has fallen.	<ul style="list-style-type: none"> <li>- Hiking shoes or Trail runners</li> <li>- Lace-up, above ankle hiking boots</li> </ul>	<ul style="list-style-type: none"> <li>- Blisters</li> <li>- Ankle sprains</li> </ul>
<b>Kangaroo Island</b>	Mostly rocky surfaces with uneven terrain. Some sections of packed dirt/sand.	<ul style="list-style-type: none"> <li>- Hiking shoes or Trail runners</li> <li>- Cushioned sole is beneficial but not essential</li> </ul>	<ul style="list-style-type: none"> <li>- Blisters</li> <li>- Ankle sprains</li> </ul>
<b>Alice Springs / Larapinta</b>	Lots of walking over unevenly sized and unevenly placed rocks. Sections of sandy riverbeds. Very dry. Often very hot temperatures.	<ul style="list-style-type: none"> <li>- Lace-up, above ankle hiking boots</li> <li>- Hiking shoes or Trail runners</li> <li>- Cushioned sole</li> <li>- Waterproof boots are not required</li> <li>- Wider toe box to allow for less toe friction</li> <li>- Breathable due to heat</li> </ul>	<ul style="list-style-type: none"> <li>- Blisters (particularly between toes due to humidity). Thin “toe socks” can be helpful in more humid environments.</li> <li>- General foot soreness if shoes are too rigid without appropriate cushioning.</li> </ul>

# Packing sustainably

There are a couple of ways to make sustainable choices when packing for a multi-day walk.

## 1. If you buy new, do your research!

Unfortunately, like many retailers, some outdoor gear brands fall into the 'fast fashion' category, using unsustainable materials and production methods as well as misleading consumers about the functionality of the gear. It is important to shop at reputable outdoor gear stores and go and talk to their gear experts about your specific needs. This way, you find the perfect piece of equipment, which should last you for many years to come.

### Guide recommendations:

Favourite brands to look out for:

One Planet

Patagonia

Mont

Bluey Merino

## 2. Look for second-hand options

Lots of people buy expensive bushwalking gear, but only end up using it a few times. If a piece of pre-loved gear is in great condition, it's a simple solution to remain sustainable when shopping for a bushwalk, especially if you are only planning on using it a few times yourself.

We recommend going to dedicated second-hand outdoor shops, as their gear experts will only sell you high-quality gear that they know will keep you dry, comfortable and safe out of the track.

### Guide recommendations:

Recycled Recreation Hobart -  
[www.facebook.com/recycledrectasmania](https://www.facebook.com/recycledrectasmania)

## 3. Repair your old gear

Repair, reuse or recycle. If you have a broken zipper, or want to make sure your old jacket is reused in some form, look out for companies that have second-life programs.

### Guide recommendations:

Kathmn-Redu -  
[www.kathmandu.com.au/kathman-redu](http://www.kathmandu.com.au/kathman-redu)

Worn Wear Repair Hub at Patagonia -  
[www.patagonia.com.au/pages/wornwear](http://www.patagonia.com.au/pages/wornwear)