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## Old Ghost Road Packing List

To help you plan your trip, we offer the following list of what to pack.

You need to supply a pack, sleeping bag and comfortable footwear. The weather can change quickly on this track so you must be prepared for adverse conditions. It is a good idea to make your pack as light as possible for your own comfort.

- 1 Comfortable backpack
- 1 Plastic inner pack liner
- 1 Good quality sleeping bag in a plastic bag
- 1 Sleeping bag liner (optional)
- 1 or 2 walking poles (optional)
- 1 Good quality weatherproof jacket
- 1 Good quality pair of weatherproof pants (optional)
- 1 Pair of comfortable shoes
- 1 Pair of gaiters (optional)
- 1 Rain poncho (optional)
- 1 Pair of lightweight sandals/jandals/crocs for evenings
- 1 Pair light trousers for evenings
- 1 Pair walking shorts (non denim)
- 1 Woolen jersey or polar fleece
- 1 Polypropylene/merino leggings/long johns
- 2 Polypropylene/merino long sleeved walking shirts (non-cotton)
- 2 Pairs walking socks
- Spare woolen socks
- Spare underwear
- 1 Spare shirt for evening
- 1 Pair gloves
- 1 Warm hat
- 1 Sunhat (in summer )
- 1 Simplified toilet bag (eg toothbrush + toothpaste)
- 1 Small micro-fibre towel
- 1 Sun block
- 1 Head torch (with full batteries)
- 1 Insect repellent
- 1 One litre drink bottle
- 1 Camera (optional)
- Ear Plugs
- Travel pillow (optional)
- Personal nibbles (optional)

We have some equipment available. If you cannot provide everything on the list, please contact us, we can help.