



SYDNEY BEACHES

with love
GirlsTrek

COMPULSORY GEAR

- Daypack - small
- 2L water bladder or water bottles
- Good trekking shoes
- Waterproof rain jacket with hood
- Hat & sunglasses
- Beanie & gloves (cooler months)
- Buff or kerchief for neck protection
- Microfibre towel-small
- 600ml water bottle
- Sunscreen, lip balm, insect repellent
- Tissues & hand sanitiser
- Personal first aid

RECOMMENDED

- Trekking poles
- Earplugs
- SOS electrolyte

CLOTHING FOR TREK

- 1-2 walking shorts, leggings or long pants
- 2-3 short sleeve walking shirts
- 1 light long sleeve shirt
- 1 long sleeve warm layer
- 2-3 walking socks
- Fleece, wool or down vest
- Small ankle gaiters

CLOTHING FOR TRIP

- Warm jacket
- Casual wear for travel & dinner
- Smart casual for special dinner
- Sleepwear & underwear
- Toiletries
- Swimmers & thongs



Notes

1. For specific recommendations go to our [gear guide](#).
2. Luggage is transported between accommodation, as required