



Everything you need to HIKE THE NIGHT

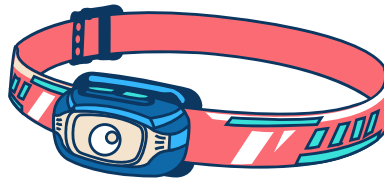
You've set yourself the challenge and signed up for this adventure. Now you need to know what to bring. Follow this handy guide to make sure you're all set for the night. Don't forget to pack anything extra that you might need for your individual circumstances.

Gear

- Mobile phone (please make sure at least 1 team member is on the Telstra or Optus network, as some other networks have patchy coverage in the area)
- Head torch
- Spare batteries
- 2-3L of water
- Small backpack
- Camera
- Face mask for the bus ride
- Small first aid kit containing band-aids, bandage, thermal blanket, personal medication
- Waterproof jacket, beanie, warm jumper/thermal top.
- Plastic pocket to keep your map in if rain is forecast
- Walking poles if you use them



Mobile phone: please make sure at least 1 team member is on the Telstra or Optus network, as some other networks have patchy coverage in the area.



Headtorch: When comparing head torches, look for brightness (lumens) and battery life, as well as weight/comfort, as you'll be wearing it all night!



Batteries: Make sure you get the right ones for your head torch!



Walking poles: If you use them, bring them!



First Aid Kit: Our qualified first-aiders will have full first aid kits with them, but it's good to have a small kit of your own too! Thermal blankets (space blankets, emergency blankets) are available for about \$5-\$10 from most outdoor shops.



TSA Hike the Night

WHAT TO WEAR

Clothing

The best recommendation we can make is **LAYERS**. The temperature could vary significantly over the night. Make sure you have something to keep you warm if it gets very cold, but are still able to strip off the layers if you're working up a sweat. Merino or polypropylene are good materials as they wick moisture- cotton will not keep you warm.

Please also bring a rain jacket, whether or not rain is forecast.



Beanie: Choose a close-fitting beanie, and make sure your head torch fits over the top!



Rain jacket: Bring this even if rain is not forecast. A cold wet dark night is **NOT** a recipe for fun. For more information on choosing a rain jacket, see our rain jacket buying guide under Blogs on our website

Footwear

We recommend wearing a light trail shoe. This type of footwear should be comfortable, provide good grip and have some sole rigidity. Most importantly, you should be able to walk the expected distance without blisters or other issues. Otherwise sturdy runners, or well worn hiking boots are also good.



Trail shoes are great for hiking because they have good grip and are versatile! Hiking boots are also a good option. Whatever you choose, make sure you've used them a few times before the big day!