

# Equipment List

Red Rocks and Glow Worm 4 Day Hike

This equipment list is for the [MountainSphere Red Rocks and Glow Worm 4 Day Hike](#)

Item	Comments
Sleeping bag	The sleeping bag should be 3-4 season rated, or temperature rated to zero degrees celsius.
Pack/Rucksack	Recommended volume 60L. Try to pack everything inside. Avoid loose items strapped to outside of pack. Foam mats can get scratched or torn if strapped on outside of pack.
Small tent	If you have your own small 1 or 2 person tent then bring it. If you don't, let me know and I will help arrange a tent space for you.
Sleeping pad	eg: Nemo Tensor, Sea To Summit or Thermarest  If you don't have one MountainSphere can lend you this item.
Waterproof and windproof shell jacket	Can be lightweight.
Water bottle(s)	Enough to hold at 3-4 litres is required. 4 x 1L Nalgene bottles are recommended. Alternatively just take old soft drink bottles.  Once we are in the Red Rocks there is very little water available. It is very important that your bottles and bladders are watertight. Before the trip, check all water containers carefully. Bladders with bite valves are prone to leak whenever pressure is placed on the valve so please be careful with these and take screwtop Nalgene bottles as a backup. Bottles with a wide mouth are preferred.
Water	Bring enough water to last for the first hour or so of walking. We pass creeks on the walk to Newnes Campground.
Torch	A small head torch is ideal
Fleece or warm jumper	Depending on season
Thermal underwear	Top and bottom
Hat, sunglasses, suncream	
Walking shoes	For further advice on walking shoes, contact me directly

<p>Cooking and eating utensils:</p> <ul style="list-style-type: none"> <li>• Billy or cookset</li> <li>• Plastic cup</li> <li>• Spoon</li> <li>• Pocket knife</li> <li>• Fork (optional)</li> </ul>	<p>Campfires will not be used in total fire bans, park fire bans, or if conditions are in any way unsuited to campfires.</p> <p>A "billy" is a small blackened aluminium pot which is used to cook over the fire. A cookset is a set of vessels for boiling water or cooking on a camping stove.</p>
<p>Small camping stove (optional)</p>	<p>We adopt a minimal impact approach to bushwalking so stoves are preferred over campfires and we will always adhere to park fire bans or total fire bans.</p> <p>Stoves may be shared, one between two. If you do not have, or don't bring a stove, you may either share mine or have me boil water for you.</p> <p>There are many types of camping stove. For this type of trip, a gas stove such as MSR pocket rocket or similar is the lightest, most compact, and easiest to use.</p>
<p>Food</p>	<p>Bring enough food for yourself for the duration of the trip. Normally everyone brings their own food unless specific arrangements to share food are made.</p> <p>For this variant of the Red Rocks hike you require:</p> <ul style="list-style-type: none"> <li>• 3 breakfasts</li> <li>• 4 lunches</li> <li>• 3 dinners</li> </ul>
<p>Shirt and shorts or long pants for walking in during the day</p>	<p>Shorts or long pants? This depends on personal preference, and time of year or expected temperatures. Bear in mind that you will be walking through scrub which may be dense in places and therefore long pants are recommended. In the summer months or in hot weather, shorts are ok, though gaiters are highly recommended if hiking in shorts.</p>
<p>Gaiters (optional)</p>	<p>Gaiters for the lower legs provide protection against the low scrub and also from snakebite. Optional.</p>
<p>Additional warm clothes (depending on time of year):</p> <ul style="list-style-type: none"> <li>• Beanie</li> <li>• Gloves</li> </ul>	<p>Check the weather forecast prior to the trip. The weather in May-September can be variable and cold weather is likely, especially at night. Ensure you have sufficient warm clothes for chilly evenings and mornings. Most likely not needed on trips in March, April and October.</p>

<p>Personal items:</p> <ul style="list-style-type: none"> <li>• Toilet paper</li> <li>• Hand sanitizer gel</li> <li>• First aid</li> </ul>	<p>Keep to minimum. Due to limited water availability and for environmental concerns, do not bring soap, shampoo or detergent. Hand sanitizer gel (that doesn't require water) should be used for hygiene and for cleaning hands after toileting and before handling food.</p> <p>First aid kit must include as a minimum:</p> <ul style="list-style-type: none"> <li>• 1 x compression bandage (minimum dimensions 7.5cm wide x 2.3m long unstretched)</li> <li>• band aids</li> <li>• Pain relief tablets or any personal medications</li> <li>• Blister prevention and treatment, eg: compeed pads, micropore tape, strapping tape</li> </ul> <p>Also recommended:</p> <ul style="list-style-type: none"> <li>• Minor wound dressings/swabs</li> <li>• Alcohol swabs</li> <li>• safety pins</li> </ul>
<p>Compass (optional)</p>	<p>A compass is optional, for use if you want to practise navigation skills learned on the <a href="#">MountainSphere navigation training weekend</a>.</p>
<p>Money</p>	<p>For your personal expenses travelling to and from the start point.</p>
<p>Whistle</p>	<p>A whistle is an important safety item for attracting attention in an emergency or in the unlikely event that you become separated from the group.</p> <p>Some backpacks come with a whistle built in or attached. These are often too small and feeble for a genuine emergency. Bring a separate pealess whistle if you have one. If you don't have one, MountainSphere can supply one for you for the trip.</p> <p>Recommended brand: <a href="#">Fox 40 Sharx Pealess Whistle</a></p>