



GEAR LIST – EMU

This list is intended as a guide for an 7 day *Emu* trip during October through April. You will need the cold weather items – even in Australia's summer!

ESSENTIAL PAPERS

- International & domestic air tickets and any other travel documents
- Travel insurance papers (ACTIVE AUSTRALIA highly recommends purchasing travel insurance)
- Passport - must be valid for *at least* 3 months after arrival into Australia
- VISA/Electronic Travel Authority (ETA) for Australia - <http://www.eta.immi.gov.au/>
- Credit/debit cards, travelers checks, Aussie cash
- ACTIVE AUSTRALIA Trip Summary - containing pick up location & emergency contact numbers
- ACTIVE AUSTRALIA Brochure & *Emu* trip itinerary

RECOMMENDED LUGGAGE

- 1 x large duffle/backpack/suitcase
- 1 x day pack/Camelback – to carry your raingear, fleece, camera, water & personal items

ESSENTIAL GEAR

- 1 x pair hiking shoes/boots – sturdy with good tread, comfortable & worn in
- 1 x pair running shoes – for canyoning/cycling
- 1 x pair sandals/water shoes – for canoeing & casual wear (e.g. Tevas, Chacos or similar)
- 1 x rain jacket – medium weight with a hood (e.g. Gortex, PreCip)
- 1 x rain pants – light/medium weight (e.g. Gortex, polyester), optional but highly recommended
- 1 x medium-weight fleece/jacket
- 1 x light-weight fleece/sweater
- 1 x set of long thermal underwear – top & bottom (e.g. polypropylene, capilene, smartwool)
- 2 x pair shorts
- 2 x pair long pants
- 2 x t-shirts
- 2 x long-sleeve shirt
- 1 x warm hat (e.g. wool/fleece ski hat)
- 1 x warm gloves (e.g. wool/fleece gloves)
- 3-4 x pair underwear
- 3-4 x pair warm hiking socks
- 1 x pajamas/nightwear
- 1 x swim suit
- 1 x towel
- 1 x sun hat (e.g. baseball cap)
- 1 x sunglasses
- 1 x camera, film/memory cards & batteries/charger (240V with Aussie/NZ plug adapter)
- 1 x insect repellent – for flies and mosquitoes
- 1 x sun-block – 15-30 SPF recommended for Australian conditions at all times of year
- 2 x 1 quart/liter water bottles or hydration system (e.g. CamelBack)
- 1 x flashlight or headlamp
- 1 x toiletries bag – you'll need your own shampoo/conditioner, soap, toothbrush/paste, prescription medications/lenses, razors, feminine hygiene products etc.

FABRIC NOTE: If possible, we recommend pants, shorts & t-shirts made from quick-drying, non-cotton fabrics for all the activities on our trips. This is because cotton clothing tends to retain water when wet (due to rain, humidity or perspiration) which usually results in making you cold and uncomfortable - the last thing we want you to be! If you don't already own some, at least one or two quick-dry t-shirts would be a worthwhile purchase for this trip.

PACKING FOR THIS TRIP

This list is intended as a guide for an 7 day *Emu* trip. You'll be able to do laundry at least once during the trip so that may help with your packing. Layering clothing works very well in Australia as the weather can sometimes change quite considerably throughout the day.

SPECIALIZED DAY TRIP GEAR

CANYONING: We'll provide you with a wetsuit, helmet and all the necessary safety gear. You'll need to wear a swim suit and some closed-in shoes (such as running shoes) that you are happy to get wet – as we go canyoning early on in the trip they'll have plenty of time to dry!

CANOEING: We'll provide you with canoes, paddles, life jackets, dry bags and all the necessary safety gear. Regular hiking gear such as shorts, t-shirts, thermals, raingear, water shoes/sandals and socks plus your swim suit will be fine.

CYCLING: We'll provide you with a 21-speed unisex mountain bike and a helmet. If you have your own cycling clothing feel free to bring it along, but if not, regular hiking gear such as running shoes, shorts, t-shirts and raincoat, will be fine. If you wish to use your own specialist cycling shoes & pedals feel free to bring them along & we'll help you fit them to your bike.

OPTIONAL ITEMS

- Personal first aid kit (e.g. second skin, if you are prone to blisters)
- Extendable trekking poles (great to have but not essential by any means)
- Money belt/pouch for valuables (For transit only, Australia is generally a very safe country)
- Reading material, pocket knife, alarm clock, binoculars etc.
- Nice jeans/khakis/skirt (for Sydney, Melbourne etc.)
- Hairdryer (240V with Australian/NZ plug adapter)

SUPPLIED/UNREQUIRED ITEMS (ACTIVE AUSTRALIA will provide where needed)

- Plates/cutlery/cooking equipment
- Laundry detergent
- First aid equipment
- Navigational equipment
- Water purification equipment/chemicals – you can drink straight from most Aussie streams

CLIMATE	AVERAGE	BRISBANE		SYDNEY		MELBOURNE	
		°F	°C	°F	°C	°F	°C
SUMMER Nov-Mar	Max Temp	83	28	78	26	77	25
	Min Temp	68	20	64	17	55	13
WINTER Apr-Oct	Max Temp	74	23	67	20	60	16
	Min Temp	55	13	50	10	45	8

If you have any further questions about your trip, please see the following link:

Further Questions: <http://www.activeaustralia.com/questions.php>

If you still can't find the answers you're looking for please email Sophie in Client Services info@activeaustralia.com - she'd be happy to help you out!