



# ACHIEVING THE AUSSIE 10 PEAKS

## Gear List

The ten highest mountains in Australia are all located in the Snowy Mountains in New South Wales. This includes Mount Kosciusko, which at 2,228 metres is the highest peak down under and one of the Seven Summits. To achieve the Aussie 10 Peaks, you're looking at 50km of challenging hiking, so check out the gear list below to see what you need to get to the top of Australia.

### TECHNICAL CLOTHING

- Long-sleeve thermal top
- Thermal pants
- Fleece jacket
- Fleece pants
- Down jacket
- GORE-TEX® shell jacket
- GORE-TEX® shell pants or Softshell pants

### HANDWEAR & HEADWEAR

- Lightweight fleece gloves
- GORE-TEX® shell gloves
- Headlamp with spare batteries
- Balaclava or beanie
- Neck gaiter or scarf

### PACKS & BAGS

- Hiking pack (40-70L)

### PERSONAL ITEMS

- Toiletry bag
- Toothbrush & toothpaste
- Lip balm with SPF
- Sunscreen with maximum SPF
- Basic first-aid kit
- Medication/s
- Sunglasses

### HIKING ESSENTIALS & OTHER GEAR

- Adjustable trekking poles
- Water bottles
- Camera, case & charger/batteries
- Multi-tool or pocket knife
- Whistle & signalling mirror
- Mobile phone
- Spare travel clothes
- Casual clothes for evenings in the resort/camp

### FOOTWEAR

- Trekking boots
- Sandals or shoes for travel
- Trekking socks
- Liner socks
- Gaiters
- Spare laces