

9. OMG – What should I wear?

Of course we all love shopping, and getting the right gear for Coastrek is an important part of your preparation. Please check out the Gear List below and make sure you get what works for you. You **MUST** practice with every item of clothing and gear to ensure success on Coastrek. Even the type of undies you choose is important to your overall comfort on such a long distance trek.

So, don't wait till the night before the event to get your gear sorted. Start now!

Trek and Travel, Mountain Equipment, Macpac, Paddy Pallin and Mountain Designs all offer great advice and gear for Coastrek, but shopping takes time, so make sure you allow for this.

GEAR LIST:

General

- Fluorescent vest (with reflective strips for night walking)
- Comfortable 15 – 25 litre day pack
- Camelback or other water bladder at least 2l capacity
- Trekking poles, light weight with rubber stoppers
- Mobile phones on different networks
- Vaseline or Paw Paw Ointment
- Map
- Compass
- Personal identification
- Waterproof watch
- High energy and salty snacks
- Sweets to suck
- Small repair kit including safety pins, shoe laces, string
- Personal first aid including Fixomul blister tape, strapping tape, triangular bandage, compression bandage, Paracetamol, Ibuprofen, tea tree oil, needle, survival blanket (1 per team)
- Sun hat
- Sunglasses
- Sunblock 30SPF recommended
- Head Torch with spare batteries and spare bulbs
- Zip lock or similar bag for rubbish
- Whistle
- Cappuccino money
- Camera

Clothing:

- Quick dry shorts
- Wicking top

- Long sleeved cotton shirt if it's hot
- Comfortable socks, plus spare pair
- Good trail runners or runners for day
- Boots for night
- Warm fleece for night
- Light weight rain coat for night
- Cuffs or gaitors to keep sand out
- Bandana or gel collar for cooling in sun

MAIN PACK FOR SUPPORT CREW TO TRANSPORT-

Don't rely on your support crew to pack for you. Get a big sports bag and put everything you think you might need into it. Then pack an esky with all possible food options you might like. When your support crew rocks up, all they need to do is get out everybody's personal bags, a few folding chairs and rugs or yoga mats so you can re-stock, re-fuel, sort feet and get water, then be on your way again. The following list is a guide only. The more thought you put into your personal requirements, the more fun you'll have.

- Spare laces
- Jumper or blanket (to keep warm while you hang at checkpoint)
- Towel
- First aid kit top up: blister treatment, sterilized needle for popping blisters, scissors, Vaseline or Paw Paw Ointment, headache tablets, sunburn treatment, conforming bandage, anti-inflammatories, stingoes etc
- Wet Wipes
- Water Containers (3x2 litres per person for support team to fill camel- backs from)
- Change of clothes
- Multiple changes of socks
- Fruit and snacks, ice drinks, icy poles.
- Torch and spare batteries
- Glo sticks
- Hiking boots and socks- if you are planning to put these on during the night
- Poles (if you are going to use these at night)
- Toothbrush and toothpaste
- Rubbish bag
- Hot food/meals. Your support crew can give you a meal at the halfway point. You might have them bring take away, or a gas cooker to warm food, or ice for drinks and cooling you.