

Packing list

Must bring items:

- Day backpack with waist strap and raincover (recommended size is 22-35L)
- Water bladder or bottles (minimum 2.5L)
- Hiking poles and gaiters (optional)
- Rain jacket

Items provided:

- Lunch box
- Coffee mug
- Bug spray, sunscreen
- Shampoo, conditioner, moisturiser

Luggage:

- Please bring a duffel-style bag, ideally water resistant, with a maximum weight of 12kg
- We recommend packing a plastic bag to use to store any wet clothes
- A bag tag to label your bag

Footwear:

- Hiking shoes or runners with good grip - ensure they have been worn regularly and recently
- Comfortable camp shoes
- Thongs for the communal showers (optional)

Clothing suggestions:

- Lightweight long pants
- Lightweight shirts
- Fleece jumper (or similar)
- Warm, lightweight, insulated jacket
- Comfortable evening wear
- Quality rain jacket

Personal Medical Kit:

- Prescription medication
- Asthma puffer (if required)
- Pain relief medication (such as ibuprofen, paracetamol or voltaren)
- Antihistamine for allergies (if prone)

Note: Our guides have a first aid kit, however you may like to bring a small kit yourself as you will be in a remote area with no access to shops.

Toiletries:

- Toothbrush, toothpaste and dental floss
- Hair brush and hair ties
- Nail brush
- Deodorant
- Lip balm
- Chafe cream
- Sanitary items

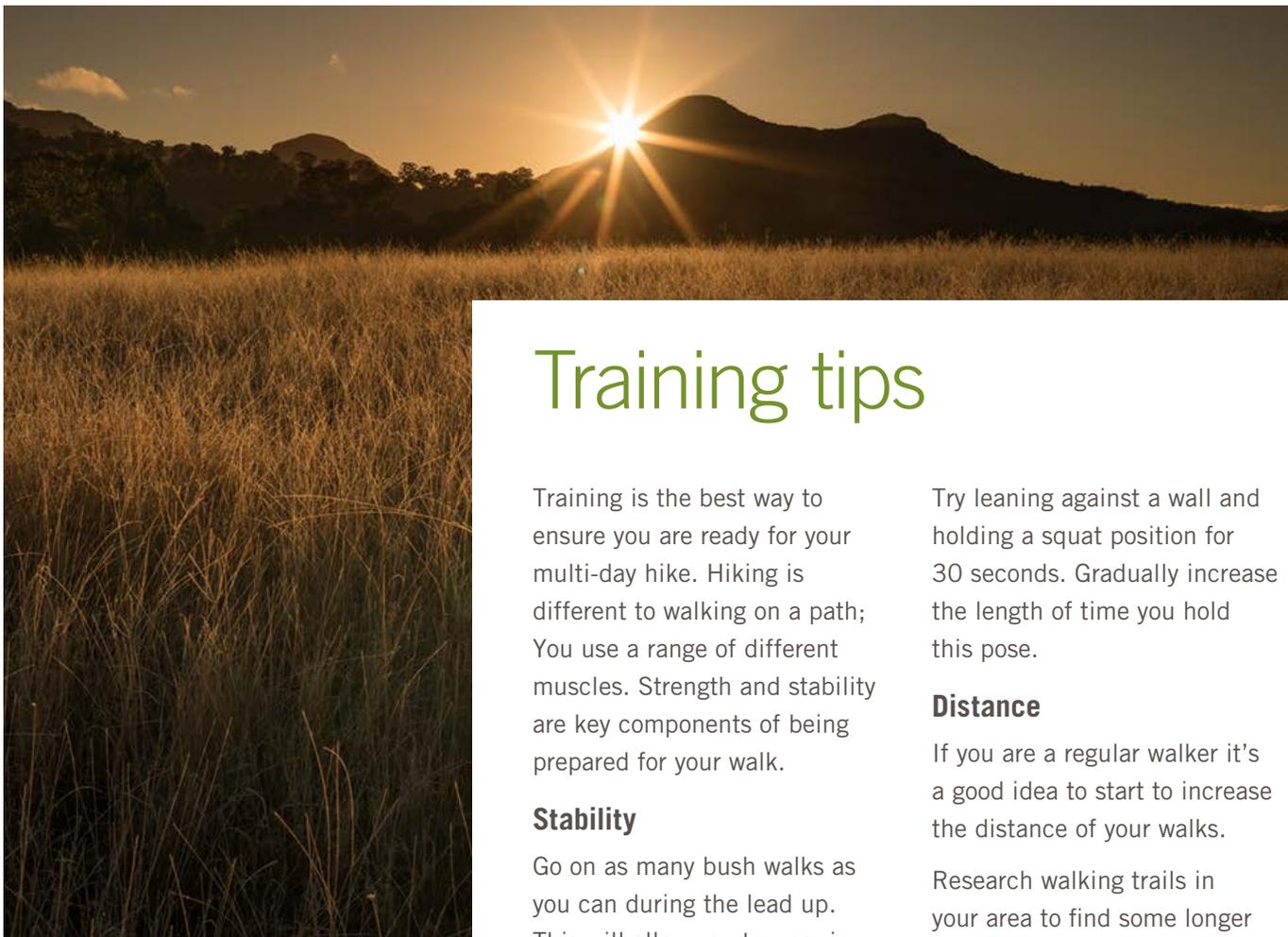
Other:

- Hat
- Sunglasses
- Hydration bladder if you prefer 2.5L
- Camera
- Phone charger
- Head torch
- Binoculars

Note: It can get cool in the mountains even if warm weather is forecast, so come prepared for both warm and cool weather. If you're travelling in winter please come prepared for the cold. We recommend packing thermals, gloves, a beanie and winter pyjamas. Our beds have electric blankets in winter.

If you have booked a heli tour bag weight limits must strictly be adhered to. If bags are significantly overweight due to OH&S you will need to carry your bags to / from your room each day.





Training tips

Training is the best way to ensure you are ready for your multi-day hike. Hiking is different to walking on a path; You use a range of different muscles. Strength and stability are key components of being prepared for your walk.

Stability

Go on as many bush walks as you can during the lead up. This will allow you to wear in your hiking shoes and test your stability.

You will be walking in the mountains and through the forest. The terrain can be slippery when wet so hiking poles are recommended if this is a concern.

Strength

You will need strong legs for powering up steep inclines, hills and steps.

Hiking builds leg strength quickly. Go for a weekly or fortnightly bush walk and you'll soon find your fitness builds. You'll be looking for more hills to climb!

Bike riding is a great, low-impact way to build strength in your legs.

Try leaning against a wall and holding a squat position for 30 seconds. Gradually increase the length of time you hold this pose.

Distance

If you are a regular walker it's a good idea to start to increase the distance of your walks.

Research walking trails in your area to find some longer options. Gradually build up to a 15km hike.

Carry a backpack on your walks so you are used to carrying some weight. Remember, on the Scenic Rim Trail luggage is transferred to the campsite, so you are only carrying your water, lunch and personal items.

Aerobic fitness

You will need a good level of aerobic fitness to comfortably navigate the ups and downs of the trail.

Stretching

Remember to stretch each morning before you start walking and again when you return in the afternoon.

We have yoga mats available at camp.





Helpful tips and information

We walk in all weather conditions, however, sometimes mother nature delivers a severe weather event and we need to make alternative plans to keep you safe.

We encourage you to switch off from the day-to-day and immerse yourself in nature while on the trail. Each day as we head out on the trail we will ask everyone to switch their phones to airplane mode.

Due to the terrain and environment we aren't able to split our groups. We stay together as a group, ensuring we all finish together.

Training and preparation for the walk is essential so that the group can maintain a comfortable and steady pace.

The most common obstacle walkers face while on the trail is the sole of a hiking boot detaching and falling off. Over time, the glue holding the sole to the boot deteriorates.

To avoid this, make sure you have worn your shoes regularly over the three months leading up to your walk.

Sometimes amendments are made to the itinerary. Your guides will keep you up to date on any changes.

Alcohol is included as part of the walk. Wine, beer, gin and whiskey are on offer and responsible service of alcohol applies.

Allergies and dietary requirements can be catered for. Please advise on your medical waiver form.

If the helicopter is unable to fly due to poor weather on the day, you will be provided with a partial refund for the heli component.

If you have any questions or concerns please don't hesitate to contact us: reservations@spicersretreats.com or call 13 77 42.

