

Mandatory Gear List

OVERLAND TRACK EXTREME TOUR

Running Pack	This must have a minimum of 5L of storage and the capacity to carry a minimum of 1L of fluid.
Waterproof Jacket	This must be hooded, fully seam sealed and breathable. A light running specific jacket is best.
Thermal Top & Bottoms	Preferably a light synthetic or merino garment that can be comfortably worn for long periods of time.
Insulated or very warm jacket	It is preferable that this is a synthetic or down insulated jacket that can pack up relatively small, especially on our alpine trips where we may encourage you to carry it on the run.
Beanie or Buff & lightweight gloves	Any light weight beanie or Buff is ideal to keep your head warm.
Head torch	It is preferable that this has a minimum of 200 lumens and is bright enough for you to run at night on trails.
Personal First Aid Kit	A small, packable first aid kit for carrying on runs should contain at a minimum: snake bandage, Panadol, wound dressings, wound closure strips (ie. Steristrips), spare energy gel or bar & a space blanket.
Trail Running Nutrition	We ask every athlete to bring appropriate types and quantities of sports nutrition that you have trialed in your training prior to commencing the trip. We recommend Koda Gels, Electrolytes & Energy Bars, and would ask you to bring a minimum of 1 item for every 1hr of running. We anticipate being on the trail for up to 12hrs.
Waterproof Bag	To be used inside your running pack to keep your clothes & valuable safe and dry. We strongly recommend the Sea to Summit Ultra-Sil Dry Bags (8L).
Trail Running Shoes	These need to have strong grip for rough trails, including roots, rocks and mud. They need to also be cushioned enough for 65km on the trail.

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Mobile Phone	On this tour, this is just for taking photos! Please bring a waterproof bag such as a ZipLock bag to protect it.

The following items are required on this tour:

- Sleeping Bag
- Pillow
- Towel
- Picnic utensils for picnics during the day - knife, spoon, plate, mug/Keep Cup (please note, your accommodation settings are basically equipped. These items are just for our day-time picnics and takeaway coffees on the drive.

We also strongly recommend:

- At least 2 changes of running clothes
- An extra warm jumper
- Comfortable long trousers for relaxing in
- Earplugs due to the nature of sharing a room
- Relaxing activities for enjoying during our 'down time'
- A minimum of \$100 cash for souvenirs, drinks and small incidental purchases
- A copy of your Travel Insurance Documents
- Hat, sunscreen and sunglasses

If you need to purchase any of the above, please visit our [Find Your Feet Tours Collection](#) or this can be done in-store on the morning of the tour's departure.

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