

Packing list

Kangaroo Island Wilderness Trail

Packing the right equipment will help you to have a great experience on the Kangaroo Island Wilderness Trail (KIWT). When deciding on what gear to take remember that you are likely to experience a variety of weather conditions on the trail, so you'll need to be prepared for both sunny and calm conditions as well as wet and windy weather. Opt for high quality, lightweight options wherever possible as the lighter you pack the more comfortable you'll be. We've made things easy by preparing this packing list with all of your essentials. If you follow this list and select lightweight options your pack should weigh no more than 18 kilograms, including an adequate supply of water.

Essentials

- Backpack
- Backpack liner and/or rain cover for pack (to keep everything dry)
- Hiking boots (water resistant, lace up with good ankle support and sturdy soles)
- Sleeping bag (rated to 0°C)
- Tent (opt for the best quality 3 season rating tent that your budget can accommodate)
- Sleeping mat
- Rubbish bag/s (all waste materials must be carried out with you)

Clothing

- Rain jacket with hood (waterproof, windproof and breathable)
- Overpants (waterproof, windproof and breathable)
- Jacket (fleece or woollen/merino)
- Walking trousers or shorts (quick-dry fabric)
- Walking shirt (long or short-sleeved, quick-dry fabric)
- Thermals (long-sleeved top and leggings - merino or polypropylene)
- Good quality socks (several pairs)
- Warm pants and jacket for night time
- Lightweight footwear (thongs, sandals or crocs) for campsite
- Underwear
- Beanie
- Gloves
- Sun hat
- Sunglasses

Toiletries

- Travel towel (light and quick-dry Micro fibre)
- Sunscreen and lip balm
- Insect repellent
- Ear plugs (snorers can be loud!)
- Personal toiletries (toothpaste, toothbrush, deodorant, moisturiser and sanitary items)
- Toilet paper and trowel (in case of trackside toileting)
- Antibacterial hand gel

Cooking

- Liquid fuel or gas stove
- Fuel (available from Kingscote or the Chase Café at Flinders Chase Visitor Centre)
- Waterproof matches
- Cooking pot(s) and utensils
- Cloth or scourer for washing dishes

Food and water

- Water bottles or water bladder to cater for your personal water intake (a minimum of 3 litres is recommended)
- Water filter or purification tablets for treating rainwater supplied at campsites
- Lightweight crockery and cutlery (e.g. bowl, plate, knife, fork, spoon, mug)
- Pocket knife/multi tool
- Adequate food supplies for the duration of the walk, including high energy snacks (e.g. dried fruit, nuts, muesli bars, chocolate) and hot drinks (e.g. tea bags, instant coffee/hot chocolate/soup)
- A few meals that don't require cooking if travelling in Fire Danger Season (liquid fuel and gas stoves cannot be used if a Total Fire Ban day is called)
- Tea towel



Safety

- First Aid Kit, including bandaids, blister packs, Elastoplast, gauze patches, compression bandage, triangular bandage, scissors, tweezers, emergency space blanket, medications (e.g. antihistamine, anti inflammatory, antiseptic cream, paracetamol)
- Personal medication
- Handheld or head torch (with spare batteries)
- Personal identification (licence or passport)
- Whistle
- Compass and topographic map

Optional

** denotes strongly recommended)*

- An extra day's supply of food
- Mobile phone and solar charger (mobile phone reception may be possible with a Telstra* 3G or 4G phone at some of the higher points along the trail, but it is not guaranteed)
- Personal Locator Beacon and or satellite phone*
- Camera
- Binoculars for bird and wildlife viewing
- Day pack for side trips (should be lightweight and pack down to fist-size)
- Dry bags for spare clothes and sleeping bag
- Sleeping bag liner
- Walking poles
- Gaitors
- Book/journal

What we provide

- Campsites with tent pads/platforms
- Rainwater (from shelter at each campsite)
- Shelter for food preparation, eating and relaxing
- Basic camp furniture
- Unisex toilets
- KIWT pass, map and 'Walk the Wild Isle' trail guide (provided at registration and induction at Flinders Chase National Park Visitor Centre)

Top 10 Tips

1. Only take what you need on the track and avoid carrying more than 1/3 of your body weight for a safe and enjoyable walking experience.
2. Look after your feet! Break in your boots before your trip, invest in quality socks and if you're prone to blisters consider preventative measures such as blister blocks, foot lubricants (available from camping stores) or wrapping and taping pressure spots.
3. Know your water intake requirements and carry adequate water. Even in cold weather you need to stay hydrated, so stop for regular drinks.
4. Wear your clothes in layers for easy addition or removal. Cotton and denim clothing soaks up water and will make you cold in wet weather. Merino (woollen) or polypropylene clothing is recommended for walking.
5. Keep your sleeping bag and spare clothes inside leak-proof plastic bags ('dry bags'). It's impossible to warm up in wet clothes.
6. Use your spare clothes to form a pillow by rolling them inside your fleece or down jacket. Lightweight, compact travel pillows are also available at camping stores.
7. As you need to carry out what you carry in, it's a good idea to remove unnecessary packaging before you start. Pack food in sealable containers or sturdy plastic snap-lock bags and take an extra snap-lock bag to contain any food scraps so that they don't spill in your backpack.
8. Keep your hat, raincoat, gloves, sunglasses and sunscreen in an accessible part of your pack and take them with you on any side trips. Wind, rain and sun regularly occur all at once – don't forget to protect your skin.
9. Keep something to eat in an accessible part of your pack or pocket so that you have food on hand in cold or wet weather.
10. Make sure you book your transfer from the end of the walk at Kelly Hill back to Flinders Chase Visitor Centre if required.

