

# Getting off on the right foot.

*The* **MARIA**  
ISLAND WALK  
*Four days that will last a lifetime.*

We provide the following for your use when you arrive at our office the morning of your walk:

55 Litre Back Pack  
Waterproof Jacket  
Sleeping Bag Liner  
Pillow case  
Head Torch

Whilst we can provide all of the above you are welcome to use your own gear.

Note: Sleeping bags are provided at each camp as are day packs for optional walks.

## What you should bring:

Walking boots with good ankle support or sturdy walking shoes with good tread. (Sandshoes and trainers are not recommended for walking)

Lighter weight shoes/sandals for around the camps and at the house.

Long pants x 1 (ideally from a quick dry material – not heavy denim)

Shorts x 1

Long sleeve shirt x 1

Thermal top and bottoms x 1 set

Fleece jacket or warm jumpers x 1

T shirts x 3

Socks and underwear x 3

Beanie or woolly hat and gloves (recommended even in the summer months)

Sun hat and sun glasses

Hand towel or body chamois, face washer

Large water bottle

Toiletries in small containers. Soap is provided at camps and body wash, shampoo, conditioner and body lotion at Bernacchi House.

Swimwear and sarong

Camera/Binoculars

Sunscreen and insect repellent – this is also available at the camps

## Power and Phones

Mobile coverage is very patchy and depending on your carrier may not be available. Guides have phones that can be used if necessary. There is no power at the bush camps, so please make sure cameras are fully charged and spare batteries packed if necessary.

## Luggage Storage

You can store excess luggage at our office and this will be loaded on to the bus which meets you as you return from the island at the end of your walk.

We recommend your pack weighs approximately 6 – 8kg for your maximum comfort.

Our office staff will be happy to answer any questions you may have in relation to your walk.