

Cape to Cape Walk Packing List and Information

YOUR ACCOMMODATION

Injidup Spa Retreat offers luxury beachside villa accommodation. Each villa features an ocean-view plunge pool and sun loungers, ideal for post-walk relaxation. All food and wine is supplied as part of your walk. There is no restaurant, deli, or room service onsite so if there is a special item you can't go without, bring it with you or check with us for availability prior to departure.

**Alternative accommodation may be used for private departures, please refer to your digital itinerary for details.*

CONNECTIVITY

Power is available at Injidup Spa Retreat. Mobile phone coverage at Injidup Spa Retreat is limited in guest rooms but available at reception and on the clifftop out the front of the retreat. Phone reception is intermittent on the walk; there may be limited reception at some locations we visit. Our guides are equipped with satellite phones and Personal Locator Beacons for emergencies.

WHAT YOU CARRY

As a lodge-based walk, your luggage remains at your accommodation, and you carry only a small day pack each day. You will need to carry your lunch pack on some days along with water and personal items.

WHAT'S SUPPLIED?

- Trail provisions including morning tea, lunch and afternoon tea (as required)
- 32L unisex hiking day packs with adjustable chest/hip straps (available to borrow)
- Sunscreen, First Aid Kits, radios and PLB (carried by the guide)
- All bedding, toiletries and other luxury comforts at your accommodation

WHAT YOU SHOULD BRING

- Boots and spare socks - sturdy hiking boots with mid-to-high ankle support are recommended due to the uneven terrain
- Comfortable hiking clothing - we recommend long loose-fitting clothing for sun and wind protection and to shield your legs and arms from stray branches
- Long pants and leg protection – waterproof pants are advised in cooler months; you may also wish to bring gators to protect your ankles and keep debris from falling in your shoes
- Wet weather gear - conditions can be variable, so include a lightweight water-and-wind-proof jacket and pants in case of wet weather
- Sun protection, including a hat, sunscreen, and sunglasses
- Day pack – we have single-sized packs you can borrow, but for comfort, we recommend bringing your own so you know it is correctly sized
- Water bottle (guides carry additional water to top up bottles while walking)
- Walking poles – while not obligatory, if you use them regularly, you may wish to bring your own walking poles to help you navigate the uneven terrain
- Small towel and swimsuit if you intend to swim on the track (why wouldn't you?!)

Pre-trip information



WALK INTO LUXURY



- Prescription glasses and/or any medication you may require (including an EPI pen)
- Your camera and/or mobile phone, chargers and travel adapters (if required)
- Bank card (or preferred device) for purchasing wine and other incidentals

Pre-trip information

