

Three Capes Long Weekend Packing List and Information

YOUR ACCOMMODATION

Each evening you'll stay at Tasman Camp, an exclusive coastal eco-retreat surrounded by nature. After a long day of walking, enjoy a hot rainwater shower, delicious meals, and plenty of space for relaxing in or outdoors. Your private twin-share tent is furnished with a comfortable king-size bed (or two singles) and a private deck, ideal for taking in ocean views or the starry night skies.

CONNECTIVITY

Mobile service coverage is very patchy and depending on your carrier may not be available. Guides are equipped with specialised communication devices in case of emergencies.

WHAT YOU CARRY

Your luggage will remain at your accommodation, and you only carry a small day pack weighing no more than 3kg, containing a drink bottle, rain jacket and a camera. Any excess luggage that is not required can be stored at our partner's offices and returned at the end of the walk.

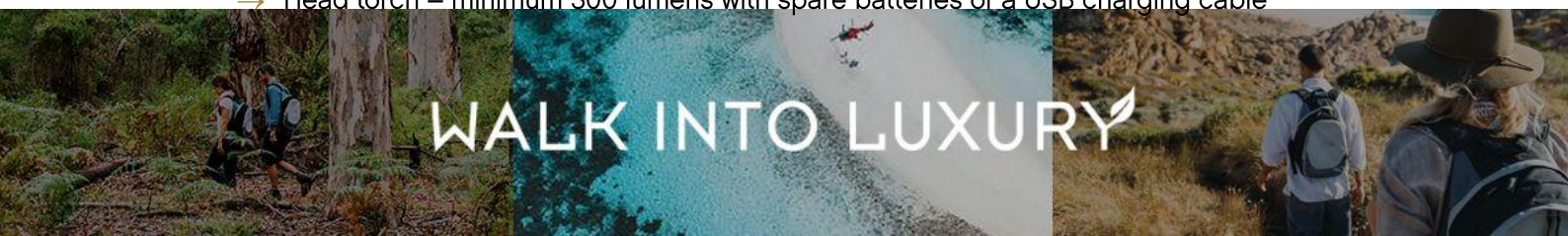
WHAT'S SUPPLIED?

For your comfort, you are welcome to bring and use your items, but the following are provided at the meeting point on the first day:

- A day pack and Gore-Tex jacket or equivalent (if you prefer to bring your own, they will be assessed by the experienced guides to make sure it's appropriate for your journey)
- Lunch container and cutlery
- Basic eco-friendly toiletries such as sunscreen, insect repellent, after-sun care, moisturiser, and liquid soap are provided at the Eco-Camp
- Quilts, pillows, and a comfortable mattress
- Guides carry comprehensive first-aid kits and emergency communication devices

WHAT YOU SHOULD BRING

- Boots and spare socks – sturdy waterproof hiking boots with mid-to-high ankle support are essential due to the uneven terrain; boots should be comfortable and worn in
- Comfortable hiking clothing - we recommend long loose-fitting clothing for sun and wind protection and to shield your legs and arms from stray branches
- Layered clothing is recommended – a set of thermal tops and bottoms, a few t-shirts, a long-sleeve shirt, a pair of shorts, a polar fleece jacket or woollen jumper
- Beanie or woollen hat and gloves (even during the summer months)
- Long pants – waterproof or quick-dry material is advised (not cotton or denim)
- Change of clothes including warm pants and lightweight shoes/sandals for evenings at Tasman Camp
- Sun protection, including a hat and sunglasses
- Hiking poles
- Head torch – minimum 300 lumens with spare batteries or a USB charging cable



WALK INTO LUXURY



- A large water bottle or hydration pack (2L required)
- Travel mug for hot drinks whilst on the track
- Small towel and swimsuit if you intend to swim
- Prescription glasses and/or any medication you may require (including an EPI pen)
- Personal toiletries in small containers
- Your camera and/or mobile phone, chargers, spare batteries, and USB power cords (USB charging ports are available at the camp)
- Bank card (or preferred device) for purchasing incidentals

Pre-trip information

