

## Twelve Apostles Lodge Walk Packing List and Information

### YOUR ACCOMMODATION

Reserved exclusively for guests on the Twelve Apostles Lodge Walk, your hiking home base is the Twelve Apostles Lodge. Following a challenging day walking, enjoy a hot shower, delicious meals prepared by your guides, and time to unwind surrounded by nature. Bedrooms can be configured as king, twin share or two single rooms (by partitioning the king room into two), with all having access to a private en-suite bathroom with a flushing toilet and rainwater shower. For laidback evenings there are a range of reference materials, games and books. Dining together under the stars is a fitting end to the day on a balmy evening or cosy up on cool nights with a glass of red inside the warmth of the guest lounge. Other guest facilities include footbaths available for daily use and a gear drying room with a washing machine. One communal wash (including soap) is included in your walk package; additional loads are available at cost.

### CONNECTIVITY

The lodge offers mobile coverage (Telstra only) and wireless internet. Power points are available in your room to charge batteries; guides carry satellite phones for emergencies.

### WHAT YOU CARRY

As a lodge-based walk, your luggage remains at your accommodation, and you carry only a small 3-5kg day pack each day. You will need to carry your lunch pack on some days along with water and personal items. Your guides will conduct a thorough check of your gear to confirm suitability at the pre-walk briefing.

### WHAT'S SUPPLIED?

For your comfort, you are welcome to bring your own items (subject to assessment by your guides for suitability), but the following are provided:

- Quality daypack
- Waterproof jacket
- Ankle gaiters
- Walking poles (optional)
- Lunch container and cutlery
- Basic eco-friendly toiletries – biodegradable soap/shampoo, sunscreen, insect repellent
- Guides carry comprehensive first-aid kits and emergency communication devices

### WHAT YOU SHOULD BRING

- Lace-up hiking boots that cover the ankle and have sturdy, treaded soles (full-grain leather or Gore-tex with Vibram soles recommended); boots should be worn in
- A large water bottle or hydration pack (two-litre total capacity)
- Socks (three pairs recommended) and underwear, beanie and gloves

Pre-trip information



# WALK INTO LUXURY



- Layered loose-fitting hiking clothing in waterproof or quick-dry material (**cotton or denim is not acceptable for walking**), as follows:
  - Polar fleece jacket (preferred) or woollen jumper/pullover
  - Thermal layer e.g. Merino or polypropylene long-sleeve tops and long johns
  - Shorts and/or light walking trousers, plus three Merino or polypropylene t-shirts
  - Waterproof over-pants and long Gaiters for protection from mud and vegetation
- Change of warm clothes and lightweight shoes/sandals for evenings at the lodge
- Sun protection, including a hat, sunscreen, and sunglasses
- Hiking poles - if you have unsteady ankles or knees, you may like to bring your own walking pole/s to help you navigate the uneven terrain or assist with muscle fatigue
- A travel mug for drinks on the track
- A travel towel (quick drying) and bathers (optional, summer months only)
- Prescription glasses and/or any medication you may require (including an EPI pen)
- Personal toiletries in small containers, including insect repellent
- Bank card (or preferred device) for purchasing incidentals
- A head torch (min. 3000 lumens), camera and/or mobile phone, chargers, spare batteries

Pre-trip information

