

---

# SEVEN PEAKS WALK PACKING LIST

Walking clothes (shorts are best)

Good (worn in) walking shoes

Smart casual clothes and shoes for evenings

One set of warm clothes including jeans,  
covered shoes and a fleece top or puffer jacket

Sleepwear, underwear, socks

Swimwear

Running shoes/reef shoes/sandals that can  
get wet

Hat & sunglasses

Gortex (or good) rain jacket

Small microfibre towel

Personal toiletries (including moisturiser)

Swimming goggles

Daypack

2 x 1L water bottles, or a water bladder

Book/movies downloaded on your device

Camera & accessories

Phone & charger

Face masks & hand sanitiser

Insect repellent

Personal first aid and medications (please pack  
medication in your hand luggage)

Small amount of cash

## Optional items to consider:

Torch for getting around at night

Binoculars for bird watching

Prescription snorkelling mask/goggles

Walking poles

Pinetrees provides hair dryers, bathrobes, beach towels, rain umbrellas and luxury bathroom amenities (soap, shampoo and conditioner, but be sure to pack your own moisturiser). We also provide sunscreen.

You can rent snorkeling and diving equipment, beach umbrellas, fishing equipment and golf clubs from local suppliers.

Flights to Lord Howe Island have strict luggage limits – please ensure your bags comply with the weight restrictions for your flight.

---