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# 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
- Sunscreen
- 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

We provide soap, shampoo, conditioner, hair dryers, beach towels, bathrobes and umbrellas. We also have a guest laundry so you can wash your clothes during your stay.

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.

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