

# What to bring

The following is a brief list of what you might like to bring with you on your spirit journey, as well as letting you know what equipment will be provided. Remember it is important to be careful about what you bring for two reasons. First, because once on a trip we will be reliant on our gear for our comfort and wellbeing. Second, because the vehicles have very limited space.

If you have any questions about what to bring, feel free to be in touch. If there is gear that you do not have, please talk with us as it may be that we can provide it for you or connect you up with others who have the gear.

## Some general comments:

You may wish to bear the following in mind in your preparations:

1. The desert can be very hot in the daytime and very cold at night. These are some of the milder months in Central Australia. You will need to have **warm clothing** for use in the evenings and for camping - temperatures can drop below zero.
2. You will need to be judicious in what you bring. All gear has to fit into 4WD vehicles alongside camping and cooking equipment, food including limited refrigeration, repair gear, two spare tyres, and, depending on the trip and vehicle, around 100 litres of additional fuel and several 20 litre containers of water. Apart from sleeping bag and tent, **consider bringing on your journey about the same amount as you would for hand luggage if you were travelling on an aeroplane** - what will fit in one sturdy, dustproof, flexible bag. If you need to leave things at a central point for your return it can be arranged.
3. We do not wish you to waste money purchasing expensive gear that you may never use again. If there is equipment that you do not have - sleeping bags, tents etc - talk to us beforehand as we may be able to assist you. **Don't spend money you don't need to!**

## What to bring:

- *A sleeping bag rated to -2degrees and a pillow?*
- *A sleeping mat or air mattress*
- *A small person tent or swag (not for Broken Hill)*
- *Plates, a cup for hot drinks and cutlery in a bag*
- *A teatowel to share*
- *Personal toiletries for a week with a small towel*
- *A good personal drink bottle*
- *A small bag of clothes (say two changes max). Choose clothing that can be peeled off in layers for both warm days and cool-cold nights. (include swimmers)*
- *Sturdy enclosed shoes.*
- *Camera & enough film/batteries/storage etc*
- *A good torch/headlamp, with spare batteries*
- *A sunhat and sunscreen*
- *Basic first aid kit for personal use (the group also carries a more extensive medical kit)*
- *Materials to journal/draw inc pens or pencils.*
- *A bag for any spare gear left to be left at a central point*
- *Cash for food and fuel kitty + small amount for any opportunity on the journey*
- *A few plastic bags for rubbish/damp gear*

## What will be provided:

- *Spade and toilet paper*
- *Dishwashing gear*
- *Tables for cooking and serving*
- *Campfire cooking equipment -ovens, billies, hotplate*
- *Gas stove and bottles*
- *Cooking utensils*
- *GPS receivers and emergency satellite phones*
- *Vehicle tool kit and repair gear*
- *4wd vehicles*
- *Maps, permits and passes for each vehicle*
- *Fridges and food storage*
- *Group camping gear, including seats*
- *Insect repellent*