

# Essential Items Checklist

Six Foot Track · Blue Mountains · 3 Days · 42 km

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This is the stripped-back essentials list - items you absolutely cannot leave behind. Use this as a final pre-hike check the morning you depart.

*Never compromise on safety items. A PLB, water filter, and rain jacket are non-negotiable on this track regardless of the forecast.*

## Safety (Non-Negotiable)

- Personal Locator Beacon (PLB) - free hire from Katoomba Heritage Centre
- Topographic map of Six Foot Track
- Compass
- Fully charged phone + external battery
- Written emergency contact list

## Shelter & Sleep

- Tent (waterproof, with rainfly)
- Sleeping bag (rated to at least 5°C)
- Sleeping mat (insulating, R-value 2+)

## Water

- Water bottles or hydration bladder (3L minimum capacity)
- Water filter OR purification tablets - treat ALL water

## Clothing (Minimum Required)

- Broken-in waterproof hiking boots
- Waterproof rain jacket (and ideally pants)
- Warm mid-layer (fleece or down)
- Long-sleeved shirt + long trousers (prickly vegetation on track)
- 3 pairs hiking socks (synthetic or wool)
- Warm beanie
- Wide-brim hat (sun protection on exposed sections)

## Food & Cooking

- 3 days of food (aim for 2,500–3,000 cal/day)
- Trail snacks (high-calorie: nuts, bars, chocolate)
- Camp stove + full gas canister

- Cookware + utensils + lighter

## **First Aid**

- First aid kit (with blister treatment, bandages, pain relief)
- Personal medication
- Sunscreen SPF 50+
- Insect repellent

## **Pack & Admin**

- Backpack (50–60L, properly fitted)
- Dry bags or pack liner (waterproofing inside pack)
- Headtorch + spare batteries
- Toilet paper + trowel
- Rubbish bags (pack out everything)

*See the Full Gear List for recommended extras including trekking poles, gaiters, camera, and repair kit.*