

Full Gear List

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

This is the complete packing guide for the Hike For Hearts Six Foot Track challenge. Pack weight matters on a 42km hike - review each item carefully and aim for a total pack weight of 7–8 kg including food and water.

September weather in the Blue Mountains can change rapidly. Fine mornings can become cold and wet by afternoon. Pack for all conditions even if the forecast looks good.

Shelter & Sleep System

- **Tent:** Lightweight backpacking tent with waterproof rainfly and bathtub floor - essential, Blue Mountains weather is unpredictable
- **Sleeping bag:** Rated to at least 5°C. September nights average 7°C in the valley - a bag rated to 10°C may leave you cold
- **Sleeping mat:** Foam or inflatable, R-value of 2–3 minimum. Provides insulation from cold, damp ground
- **Pillow:** Small pillow or stuff sack filled with spare clothing

Navigation & Safety

- **Topographic map:** 1:25,000 topographic map of the Six Foot Track area (NSW National Parks issue)
- **Compass:** Know how to use it in conjunction with the map
- **Personal Locator Beacon (PLB):** STRONGLY recommended - free hire available from Blue Mountains Heritage Centre (Katoomba) or local police stations
- **Mobile phone:** Mobile reception is unreliable on the track - do not rely on it for emergencies
- **External battery pack:** Fully charged before departure
- **Emergency contact list:** With emergency contact numbers written on paper (not just saved in phone)

Water & Hydration

- **Water bottles / hydration bladder:** Carry at least 3 litres capacity - water tanks at campsites can run low
- **Water filter or tablets:** A filter (e.g. Sawyer Squeeze) OR purification tablets. Treat ALL water from tanks and creeks. Giardia and Cryptosporidium are present
- **Electrolytes:** Electrolyte sachets or tablets recommended - helps with hydration over multi-day exertion

Clothing

Essential - pack these regardless of forecast

- **Hiking boots:** Well broken-in, waterproof, ankle-support hiking boots with grip soles. Do NOT hike in new boots
- **Waterproof rain jacket & pants:** At minimum a waterproof jacket. Rain pants strongly recommended for creek crossings and cold rain
- **Warm mid-layer:** Fleece or down jacket - critical for cold camp mornings and evenings
- **Long-sleeved shirt & long trousers:** Mandatory - protects against prickly scrub and insects along the track
- **Hiking socks:** 3 pairs minimum - synthetic or merino wool (avoid cotton)
- **Underwear:** 3 pairs synthetic/merino. Cotton underwear = blisters and chafing
- **Wide-brim hat:** Sun protection during exposed ridge sections
- **Warm beanie:** For cold camp nights
- **Camp sandals or spare shoes:** Lightweight, for creek crossings or wet sections

Recommended

- **Gaiters:** Prevent debris and dirt entering boots on creek crossings and scrubby sections
- **Gloves:** Lightweight warm gloves for cold mornings
- **Swimwear:** Quick-dry only - for creek crossings

Food & Cooking

- **Food (3 days):** 2,500–3,000 calories/day recommended for multi-day hiking. Dehydrated meals are lightweight and easy
- **Trail snacks:** High-calorie snacks: trail mix, muesli bars, jerky, chocolate, nuts
- **Camp stove:** Lightweight backpacking stove (canister type recommended)
- **Gas canister:** One per stove - check it is full before departure
- **Cookware:** Lightweight titanium or aluminium pot/mug
- **Utensils & lighter:** Spork or spoon, lighter or matches (in waterproof container)
- **Washing up kit:** Lightweight biodegradable camp soap, scrubber

First Aid

- **First aid kit:** Pre-assembled hiking kit. Must include: blister treatment, bandages, antiseptic wipes, pain relief, antihistamine, strapping tape
- **Personal medication:** Bring any prescription medication you need. Carry a spare supply
- **Blister prevention & treatment:** ENGO patches, Compeed, or similar - blisters are the #1 complaint on the Six Foot Track

Other Essentials

- **Backpack:** 50–60L pack. Properly fitted with hip belt. Get a professional fitting if unsure
- **Dry bags / pack liner:** Pack liner or waterproof bags inside pack (assume it will rain)
- **Headtorch:** Headtorch with spare batteries - campsite tasks and early morning starts
- **Sunscreen:** Broad-spectrum SPF 50+. September sun in the Blue Mountains is strong
- **Insect repellent:** September marks the start of insect season in the Blue Mountains
- **Rubbish bags:** Reduce waste at campsites - pack out all rubbish
- **Toilet paper & trowel:** For use at least 100m from water sources. Blue Mountains has strict Leave No Trace policies
- **Repair kit:** Duct tape, safety pins, needle & thread, spare cord
- **Microfibre towel:** Small lightweight towel

Recommended Extras

- **Trekking poles:** Highly recommended - significantly reduces knee stress on steep Blue Mountains descents
- **Camera:** Camera or use phone - scenery is spectacular
- **Trail notes / this guide:** Helps with morale and navigation

Leave at Home

Every extra kilogram matters over 42km. Pack with intention.

- Cotton t-shirts, jeans, or cotton socks - cotton holds moisture and causes chafing and blisters
- Heavy DSLR camera body and multiple lenses
- Hair dryer, full-size toiletries, or unnecessary luxury items
- More than 3 days of food (resupply is not available on the track)