



The Big Loop Trail – list of requirements

On departing Mt Isa all food and beverages are supplied, all you need is your sense of adventure and your personal requirements. Wine and refreshments are provided each evening.

Hot showers are provided each night out on the trail as well as at The Stock Camp. There is a flushing toilet at the Stock Camp but there are no toilets on the trail. Tissues, wipes and snap lock bags are on your list of requirements. Tents and sleeping mats are provided.

Please note there is limited room in the transfer vehicles, so a backpack and 1 soft duffle bag only is requested. 5 days of hiking plus 1 day either side of hike for travel. A list of requirements is below. Less is best, don't overpack!!

Compulsory gear

- Sleeping bag and pillow.
- Small day pack (to carry camera, hikers wool, band aids, pain relief, snacks etc.)
- 2 - 3L water bladder to carry in backpack
- Good trekking shoes, with a solid tread
- 2 Micro fibre towels (or similar)
- Approx. 600ml water bottle
- Tissues and wipes
- Snap lock bags or nappy sacks for personal rubbish
- Personal first aid kit (hikers wool or plasters, pain relief tablets, personal medications) **I highly recommend hikers wool over band aids etc**

Recommended gear

- Head torch
- Sunscreen, lip balm and insect repellent
- Hat and sunglasses
- Electrolyte tablets
- Windproof jacket / light jacket
- Camera (most people use their phone)
- Bandana for neck protection.
- Sock protectors
- Walking Poles if you use them (not compulsory but good to have)
- Comfortable shoes for evenings
- Phone charger (charging facilities available)

Clothing for trek

- 2-3 pairs of walking shorts and / or long pants (not 100% cotton, needs to be quick dry)
- 4 - 5 long sleeved shirts
- 5 pairs trekking socks
- Swimmers



Clothing and gear for trip

- Casual wear for the nights on trek
- Casual outfit for trip home
- Warm jacket to wear at night
- Pyjamas
- Underwear
- Toiletries
- Bag for dirty clothes

*Borrow these items if you are unlikely to use this type of gear again

*NB – don't over pack. You won't need new outfits every night!