

Expedition Medicine: Equipment list for Maria Island

The East Coast of Tasmania has one of those delightfully unpredictable temperate climates. The chances are that we will be running around in T-shirts and shorts most of time. However, a nasty, wayward cold front or some east coast “claggy” drizzle could change that. Be prepared and bring lots of layers.

Whilst most of the gear we use is provided, you will need to acquire one large screw gate karabiner that is UIAA rated to at least 23kN, 5 metres of 6 or 7mm cord and 3 metres of tubular climbing tape. These can be purchased from any reputable outdoor shop.

Essential:

Backpack to put all your stuff in	Your own mug, plate, bowl, knife, fork and spoon
Sleeping bag and pillow	Waterproof jacket and trousers
Wash kit and towel	Walking boots and socks
Head torch and spare batteries	Sandals
Note book and pen	Beanie
Water bottle	T-shirts, long sleeved tops and fleece jackets
	Shorts and long trousers (not denim)
	Stuff to swim in (if you are that way inclined)

Optional:

Feel free to bring a mountain bike. You can hire one on the island if your wish. Helmets are mandatory on Maria Island. If you have a compass and/or GPS – bring it with you. Harnesses, helmets and other technical gear is provided – but feel free to bring your own.

Please note: there are no shops on Maria Island, bring everything you need or go without.