The standard trip involves no nights under canvas and calls for no crampons, ice axe, helmet, climbing harness or other mountaineering equipment. The winter route is not part of this trip.

Documents

- Passport
- An Australian visa or entry permit
- Air tickets or e-ticket receipts
- Medical insurance
- Digital copies of your documents
- Waterproof document wallet

Personal equipment

- A 30-40 litre day pack
- Waterproof rucksack cover
- Folding trekking poles – optional
- Water containers holding at least 2 litres in total
- Your own snacks for summit day
- A dry bag for clothing and electronics

Clothing and footwear

- Waterproof trekking boots with a dependable sole
- Light footwear for town and the hotels
- Quick-drying T-shirt
- A long-sleeved top
- Fleece jacket
- A warm jacket with light insulation
- Waterproof shell jacket with a hood
- Waterproof shell trousers
- Quick-drying trekking trousers
- Thin gloves
- Warm hat
- Buff or bandana
- Sun cap or brimmed hat
- Trekking socks
- A spare set of dry underwear and socks
- Town clothes for Canberra

Useful extras

- Head torch with spare batteries
- Sunglasses with UV protection
- Sun cream
- Lip balm with sun protection
- Power bank and charging cables
- Small quick-drying towel
- Personal toiletries
- A personal first-aid kit suited to your own medical needs
- Elastic bandage or a personal support brace
- Blister prevention and treatment

Before the trip, read our piece on the personal first-aid kit and make sure your footwear is already broken in on long walks. Trekking poles are not technical equipment, but they can ease the load on your knees during the descent. It is worth reading our advice on choosing and adjusting trekking poles beforehand.