



Walker Safety Checklist

This is a list of **ABSOLUTE MINIMUM** equipment/clothing you need to have with you on the track to protect you from exposure to cold, wet and windy weather.

Please complete this checklist and present it to staff at the Cradle Mountain Visitor Centre.

I/we (name and booking number)

understand the risks of walking in Tasmania's remote alpine areas. Frequent extreme weather can occur anytime and deaths have resulted when people are caught out unprepared. I/we confirm that I am/we are well prepared, by wearing or carrying **at a minimum**:

-  A quality tent (3-4 season rating with inner and outer layer) or effective form of emergency shelter). Even if you plan to sleep in the huts, you must still carry a tent. The huts may be full, or injury/severe weather may prevent you from reaching the hut.
-  A good quality warm sleeping bag (kept dry in a waterproof bag) (minimum temperature rating -10°C)
-  A good quality waterproof jacket with a hood and storm front
-  A warm fleece or woollen jumper (not cotton) and thermal base layers
-  A warm hat or beanie and gloves
-  Long pants (quick dry fabric, not denim jeans) or shorts and thermal long pants
-  Camp clothes kept dry in a waterproof bag (for wearing in evening)
-  Sturdy footwear (e.g. lace-up hiking boots with strong soles)

Signature: (on behalf of group)

Departure date: