

# Wild South Coast Way Walker Packing List



The lighter you pack, the more you'll enjoy the walk. But you also need to pack right.

## Essentials

These items are required for all walks of 2+ hours or short challenging hikes:

- Light day pack
- Weatherproof jacket
- Sun hat and sunglasses
- Sunscreen
- Hiking boots or shoes with a good tread and support (minimise blisters, make sure shoes are worn in before you leave)
- Water (1 litre per person for every 3 hours of walking). During summer, we recommend 4-6 litres of water per day. Whilst there are untreated rainwater tanks at the walk-in campgrounds along the trail, we cannot guarantee there will be water. We are monitoring this and doing our best to provide water at these points.
- High energy food
- Good quality first aid kit with snake bite bandage
- Mobile phone (be aware that in many places along the trail you may not be able to get signal)
- Rubbish bag - take it all out with you!
- In cold/wet weather, waterproof jacket, warm hat or beanie, and gloves.

## For multi-day walks

As well as the items from the Essentials list, multi-day walkers will require these items:

- A compass and Heysen Trail topographic map
- Large, waterproof hiking pack (consider a pack liner)
- 3-season tent, 3-season sleeping bag and mat
- Cord/thin rope to attach your tent to timber tent platforms or tent pegs for earthen campsites
- Waterproof jacket
- Quick-dry walking clothes (long sleeve shirt, shorts/trousers, fleece jacket—avoid denim and cotton)
- Camp clothes in waterproof bag
- Toilet paper, trowel and rubbish bags
- Mobile phone with USB cable – you can recharge at campgrounds along the trail. We also recommend taking a Personal Locator Beacon (PLB) for extra safety and a small radio to listen to weather or bushfire updates.
- Lightweight gas or liquid fuel stove, matches/lighter, cooking pot and utensils.
- Food (lightweight, energy-dense, remove excess packaging)
- Water bottle(s) or bladder, capable of carrying 2-3 litres
- Water filter or purification tablets
- Torch / head torch and spare batteries
- Emergency space blanket (for hypothermia).

## Optional items

- Gaiters
- Trekking poles
- Sleeping bag liner
- Travel pillow
- Camp shoes (lightweight)
- Satellite phone
- Medications
- Insect repellent
- Whistle
- Travel towel
- Pocket knife
- Personal identification
- [Avenza PDF Maps app](#) pre-loaded with Heysen Trail and/or Deep Creek National Park and Newland Head Conservation Park maps or a GPS.

## Fun stuff

- Camera
- Binoculars
- Books / field guides
- Cards / games
- Notebook and pencil

## Your safety is our concern, but your responsibility

- Be aware of weather conditions and avoid walking during the hottest part of the day. Check the weather forecast before you leave, including overnight temperatures on the [Bureau of Meteorology](#). Even during very mild weather, the nights can get very cold. In instances of extreme weather (heat, storms), reconsider your plans.
- Always camp in designated sites. It's also a good idea to check that there are no insect nests nearby.
- Stay on the designated trails and tracks for your own safety, and to prevent the spread of weeds and *Phytophthora* to other areas.
- Ensure someone knows your approximate location and expected time of return.
- Beaches are not patrolled. The Southern Ocean has rips, deep gutters and powerful waves. Swimming is definitely not recommended at Parsons or Waitpinga Beach.
- Mobile phone coverage is patchy so download any maps and book any campsites before you go.
- Select a walk to suit your level of fitness and experience by checking the [Australian Walking Track Grading System](#).

## Fires

- At walk-in campgrounds, only gas fires and liquid fuel fires are permitted, and must only be used within the shelter (not at your campsite).
- Gas fires and liquid fuel fires are permitted throughout the year, other than on days of total fire ban.
- If camp fires are permitted (e.g. in Cobbler Hill, Trig and Tapanappa campgrounds), you must bring your own firewood, as the collection of firewood within national parks is prohibited. Extinguish your camp fire with water (not sand or dirt) until the hissing sound stops.
- The Wild South Coast Way, Deep Creek National Park and Newland Head Conservation Park are closed on days of Catastrophic Fire Danger. The parks may also be closed on days of Extreme Fire Danger.
- You can determine the current fire danger rating by checking the [Fire Ban District map](#) on the CFS website.
- Check the [CFS website](#) or call the CFS Bushfire Information Hotline 1800 362 361 for:
  - Information on fire bans and current fire conditions
  - Current CFS warnings and incidents
  - Information on what to do in the event of a fire.

Please help keep the Wild South Coast Way beautiful for future generations by following the [Leave No Trace](#) principles.

### SA National Parks Tours App

The SA National Parks Tours App shares cultural stories of the area, information about things to see and helpful hints for those walking along the Wild South Coast Way on the Heysen Trail.

Download the app before you depart.

### More information

#### Deep Creek National Park Headquarters

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