

## Willis's Walkabouts Scandinavia Checklist

### Personal Papers

- Q Passport (I suggest also a photocopy of the page with your photo, kept separate in case of loss.)
- Q Re-entry visa for Australia (for non-Australians). Be prepared for airport taxes, domestic and international, up to about US\$20 at a time
- Q Air tickets
- Q US Dollars in cash for emergencies. (I'd guess about of \$100 in \$10 or \$20 denominations.) Travellers Cheques are becoming more hassle than they are worth but they are still good insurance. If you don't have an appropriate credit card, you should bring about US\$2000 to be safe.
- Q **A credit/debit card** (Visa, Mastercard or both) which can be used in ATM's. Visa is somewhat more common than Mastercard. American Express is good also but not as flexible.) I've never had any trouble finding ATM's for cash advances. To minimise fees, make fewer and larger withdrawals and put some money into your credit card account before you leave. Check with your bank as you may now be able to make direct withdrawals from your account. In the past I have been able to use a combined credit/debit card to withdraw money from my account. In some countries, it automatically comes out of the credit account. This costs extra fees. Be prepared to check in case things have changed.  
**Note.** If the card you are planning to use in an ATM is linked to either MasterCard or Visa, the money will come from your credit card. This accrues charges and interest immediately unless you have a positive cash balance. You will **not be given the choice** of taking it directly out of a bank account.
- Q Waist belts, neck straps, leg pouches are all good places to carry money and documents. Do not carry all your money and identification in one place. If you use travellers cheques, keep a list of the numbers of your travellers cheques somewhere separate from the cheques.
- Q International driver's license (optional). Your Australian driver's license is acceptable as is.
- Q Travel Insurance  
Your policy should cover costs incurred by the need to change airline reservations, medical expenses, lost baggage, lost passports, air tickets & personal papers, lost money (always limited). It should be possible to make a claim while in South Africa. It should cover you while bushwalking. Not all policies will do this.  
**We need to see a copy.** Our liability insurance requires you to have travel insurance.

### Photography

- Q Bring spare batteries for any camera requiring them. You can recharge batteries between walks but you'll need an adapter. Car chargers also work.

### Personal Health

- Q Vaccinations: Tetanus is recommended as is any other vaccination which is recommended in Australia. No other vaccinations should be necessary.
- Q Personal medications: bring a copy of the prescription for any prescription item you carry.
- Q Personal first aid items: sunscreen, insect repellent, bandaids, blister kit or similar, etc. We will have a reasonable first aid kit for the walks but you might want your own antiseptic such as tea tree oil or betadiene plus any other items you are likely to need.)
- Q Antibiotics. If you want to carry antibiotics, see your doctor. In the major towns, they should be available of a similar standard to Australia.
- Q Vitamin tablets are recommended
- Q Toothbrush & Toothpaste

- Q Ear plugs for noisy nights might be useful (not that I expect many noisy nights).
- Q Water purification tablets or giardia proof filter. On many, but not all, of the walks we have done in the past, the water could be drunk untreated.
- Q Lip Eze, moisturiser

## Equipment

- Q Eating utensils (bowl, spoon, knife, cup; fork & plate are optional)
- Q Water bottles (two 1L bottles or a 1L bottle and a wine bladder)
- Q Tent for yourself or shared (be prepared for strong winds and rain). You won't need this if all of the nights are in huts.
- Q Sleeping bag - suitable for 0V C, if we are staying in huts, suitable for -10°C if we are camping outside. Temperatures below this are possible but unlikely.
- Q Sleeping bag liner – keeps bag clean and provides extra warmth.
- Q A space blanket can be useful extra warmth.
- Q Torch - make sure it takes standard sized batteries. The rectangular batteries used in some Petzl torches can be difficult to find.
- Q A small towel is useful. The commercial 'pack towels' are excellent.
- Q A backpack with a pack liner and/or cover. It is very important that everything in your pack stay dry in the heaviest possible rain.
- Q Bag for storing gear while you are on walks.
- Q Binoculars - you'll almost certainly want these for wildlife viewing.

## Food

Most common items are readily available in the larger towns. But if you have a favourite something, bring it.

**Do not bring meat or meat products.**

**Do not bring fresh fruit or vegetables of any kind.**

## Clothing

- Q Two sets of clothes for mild to warm weather.
- Q Two sets of clothes for mild to cold weather
  - If your walking clothes are not suitable for going to restaurants, etc, you will need another set which are. It is important to be able to be neatly and cleanly dressed at all times when you are not actually doing a walk. There will be numerous opportunities to do laundry.
- Q These sets of clothing should include the following
  - Q Trousers. Lightweight, quick drying trousers are recommended. Jeans are **not** suitable. On the walk, you need something which will keep your legs warm in cold rainy weather.
  - Q Shirts. Light and heavy as above.
  - Q Sweater, fleece or something similar for warmth.
  - Q Socks (3-4 pair) Thermal socks might help. Plastic bags between layers of socks can keep your feet dry.)

Remember the layer principle. During the walks, you need to be able to put on and take off various layers of clothing so that you neither overheat nor get cold.

In addition to the sets of clothing mentioned above, you need

- Q Hat. You need this both to keep the sun off and to keep your head warm.
- Q Gaiters

- Q Thermal top & pants
- Q Wind and waterproof parka
- Q Overpants or 'rain chaps' may be useful. Some of the areas in which we will walk can match the worst that Tasmania has to offer. Some people have perfect weather. But better to be safe than sorry.
- Q Gloves
- Q Sunglasses.
- Q Bathers.

## **Footwear**

The ground is varied. Some is hard but there are also relatively long parts with wet grasslands. Some people walk with high, impregnated leather boots, but others normally walk with gum-boots. Many walk with leather-boots with goretex membranes. You have to count on getting wet, so carry some extra socks. We recommend light runners to have on in the evening. Some people bring something to wear when wading in cold water, to protect the feet from stones etc. If my friends don't make it with their gum-boots, they sometimes have to use their runners. Some of the wades are relatively short, on sandy bottoms where barefoot will do.

I followed the example of my Swedish friends and did the long walk in gumboots (hiking version which I purchased in Göteborg). I was thankful that I did. The few stream crossings that were too deep for the boots were painfully cold.

You will also want something light to wear at campsites or in huts.

## **Final note**

Scandinavia is one of the safest places you can travel anywhere in the world. Most of the places you will be are safer than some neighbourhoods in major Australian cities. Nonetheless, please be careful and don't do anything to put unnecessary temptation in front of anyone.