

HIKE THE LARAPINTA TRAIL



Saturday 18 October

700am – 500pm
Simpsons Gap Area

\$150 per person

SMS: 0481 071 115
training@treksupport.com.au

treksupport.com.au/hike-larapinta-trail-course

BYO food, gear & water
(There will be water available throughout the day)

**Learn all the basics for
planning, preparing and walking
the Larapinta Trail by doing this
excellent day course.**

Course Covers

Key info about the trail
Top highlights of the trail
Trail planning and itinerary suggestions
Equipment and gear recommendations
Equipment and Gear use
Health and Fitness Considerations
Safety & Medical Considerations
Food and water planning
Cooking, Cleaning and Waste
Top 10 issues & risks affecting hikers
The Do's and Don'ts on the trail



Course provided by Larapinta Trail Trek Support