



Snow Camping Itinerary & Packlist

V_August 2025

TSM



Introduction

Nothing says adventure like an overnight hike. Sleeping under the stars, making new friends, and the freedom of carrying everything you need on your back is like nothing else.

We know it can be a bit daunting
"What do I need to take?"
"What will I need to buy?"
"How do I pack everything?"
There are so many questions.

Don't worry because the advantage of doing an overnight hike with TSA means you're always covered.

Print our packing checklist

This list (on the last page) is based on one person. We've designed this gear checklist as a recommendation. It's important to layer your clothing as weather can change and you'll work up a sweat!

During the weekend, the balance you need to find is to have enough clothes and gear to stay warm without taking your entire wardrobe. Make sure all gear and clothing fits. Please don't buy new gear especially for this adventure - if in doubt, just contact us to have a chat.

With the help of our packlist and the support we provide on your journey, rest assured you'll have a challenging, social and achievable hike. So inspire others with your achievements and let us make an opportunity for you to take your fitness outdoors!





Overnight snow hiking..

Our goals for overnight snow camping are to give you a chance to experience something truly unique (particularly in Australia) and do so in comfort and safety. It's challenging, fun, social, and achievable!

Overnight snow camping can vary according to the weather, so be prepared to check the forecast a day or two prior to the trip and adjust your clothing.

This brochure covers a suggested gear list for the weekend. It may not be everything you personally need, but it covers the essentials. You may find that all this gear doesn't fit into your rucksack, that's when you have to decide what's essential for you.

Remember that it's only for one night so it's not crucial you have a toothbrush or spare underwear. However, you **MUST** have a sleeping bag. Our advice is to start with the mantle of safety first then work your way back down. Remember that hiking in the snow is hard, so although you're only out for one night, you don't want to be carrying a huge rucksack.

We arrange all the food and cooking equipment. **Please leave space to add a small quantity of group food.**

PLEASE NOTE: If you need to borrow a tent, sleeping mat, or backpack, let us know. However, you must provide your own sleeping bag.



Mt. Stirling

We meet you at the base of Mount Buller/Mt Stirling no resort entry or snow chains required by you.

Once assembled we are then picked up and transported to our starting location at Telephone Box Junction, where we'll pick up our snowshoes and make sure all equipment is fitted and have a pre hike snack. We then start our hike up into the forest donning snowshoes once we hit the snow. We camp by one of the huts near the summit which means once we set up camp we can get warm and cosy by the wood burners while we prepare dinner.

After a hearty breakfast to warm you up after a night cosy in our tents we'll head up to the summit of Mt Stirling no heavy packs needed. Once we've explored the summit we head back down and pack up all our gear. We then hike back down to our start location and arrive back to have lunch in the warmth of the Mt Stirling ski centre. After this we drive back down to your cars.

Food

We provide a healthy picnic-style lunch such as fresh wraps or seasonal salads with added protein, and sometimes hot soup in winter. Snacks may include oranges, anzac biscuits, lemon slice, or a sweet treat. Dinner is usually a slow cooked meal either meat based with a vegetarian option, with couscous or rice., and greens. We do our best to cater for dietary intolerances like celiac and nut allergies, and preferences such as vegetarian, however we may not be able to accommodate all requests, especially for last-minute bookings or complex requests. In some cases, you may need to bring your own food or an additional charge may apply. Please bring enough water for the day and reach out early if you have any questions.

Essential equipment to bring

- Medium-sized backpack - 50-60 litre. We can help with adjusting this.
- Hiking tent - 1 or 2 person. Let us know if you're happy to share - it's much warmer!
- Insulated tent floor, space blanket, etc.
- Sleeping bag - the best one you own. **MUST** be packed in a plastic bag or waterproof bag.
- Inner sheet or thermal liner
- Sleeping mat. Optional additional thin foam mat or Z mat.
- A mat or piece of foam to sit on. No chairs.
- Head torch
- Plate or bowl, fork, spoon, cup
- 2 litre water bottles or bladder



Hiking pack

A bag around 40–60L is sufficient for overnight hikes. You can borrow our rucksack if you need. Snow camping requires more gear, so your bag weight may be around 14–18kg fully loaded, which means leaving home it weighs no more than 12kgs. This includes all your stuff, but no food or water. We request that all hikers carry a portion of the food, which will be shared out before the hike. If you have spare space after you pack all your clothing and gear, great! Don't fill your pack unnecessarily. If you don't have enough space then take something out and leave it behind.

Tent

We suggest an easy access two-person tent. Less than 2.5kg is ideal. Dome and pegless tents are great for ease of setup in the snow. Features are variable but we love tents with a roof pocket. It's a great idea to share a tent as it will share the load and although it can be tight and personal – it is much warmer! A small silver sided space blanket will improve warmth from the ground and we can assist in pairing you up with a like-minded new best friend!

Sleeping mat

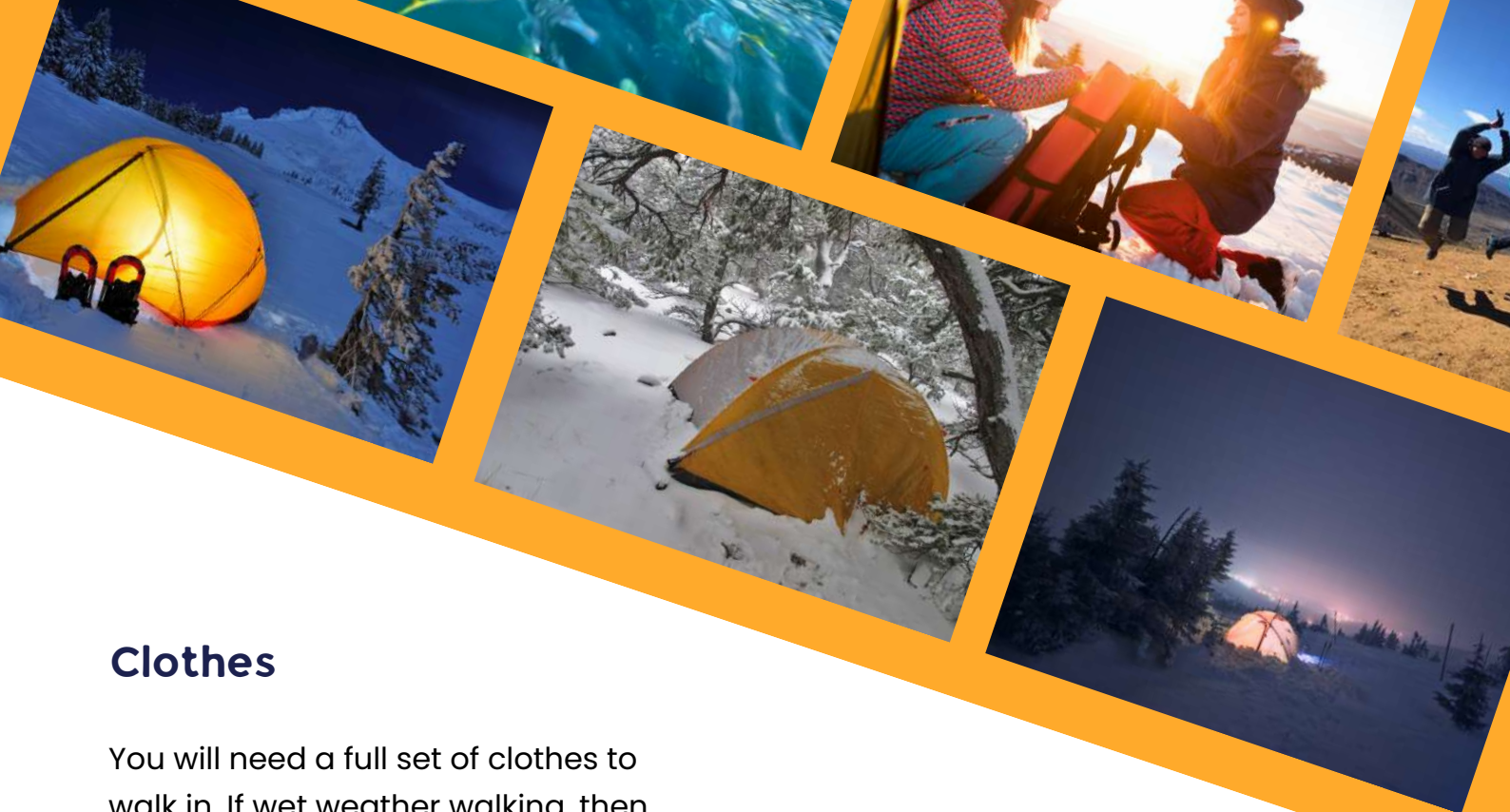
Your mat should be your full length, suitable to your body type, and allow you to get a good night's rest. Self-inflating or manual inflating is fine. Make sure it's wide enough so don't easily roll off, and ideally you can lay on your side and your hip bone doesn't touch the ground. Ideally less than 1kg and small in size. Car-based camping mats and old lilos are not suitable. A Yoga mat by itself is not sufficient. When packing, your sleeping mat is the ONLY thing allowed on the outside of your rucksack.

Miscellaneous

- Eating utensils – fork, spoon, plate/bowl and cup
- Walking poles WITH basket end
- Camera/phone
- Personal medication
- Toothbrush/toilet paper

Clothing and footwear

- Waterproof jacket or snow jacket. Plastic ponchos are not recommended.
- Hike boots or solid trail shoes. No runners or soft soled footwear as they will not fit into the snow shoes provided.
- 1 warm jumper/fleece/puffer jacket - warmest one you own
- 1 set of pants/overpants
- 1 pair of gaiters (not essential)
- 1 pair of thermals or warm under-clothes. Merino is best, polypropylene is okay.
- Beanie, snow gloves, sunglasses, neck warmer, thick socks, etc.
- Spare clothes to include: 1 x mid layer, 2 x socks



Clothes

You will need a full set of clothes to walk in. If wet weather walking, then you will need to manage how many layers you have on and how many you are carrying - the goal is to try and get through the weekend without having to change clothes - your 'spare' clothes are just that... spare. Since you will likely be wearing the same clothes for the entire journey, the goal is to have some backup clothes, but not a complete set. Good spare clothing are the bottom and middle layers.

Footwear

Hike boots or firm/hard soled trail boots or shoes are suitable. Runners or very light shoes are not very compatible with the snow shoes. Please DO NOT buy footwear especially for this event, just contact us to discuss what options you have. Please make sure that they are not new and they are worn in but not so old they fall apart.... yep - it's happened.

Rain jacket

Goretex is the best material for a jacket as it breathes and can suit various styles, shapes and waterproofness. Elastic sleeves are good. Make sure the hood fits, or if doesn't have a hood that you have a good beanie that won't mind getting wet. Make sure your jacket fits over the top of all your other layers. Plastic garbage bag ponchos are not really suitable.

Snow Shoes (provided)

we will provide you with a set of snow shoes - the funny tennis racket things that clip around your existing footwear and help you walk in the snow. They are fully adjustable and will fit any shoe size. We'll take the first part of the walk nice and easy so you can get used to wearing them.

What not to bring

Just as important as all the things you do need to take hiking, is a list of things we recommend you DON'T take. Remember that every single gram of product, clothing or 'stuff' that you pack, you carry every step! All the little things can add up to serious weight and space. Learn to be happy with less, and get comfortable with being uncomfortable :)

Here's a list of no-no's:

- Anything you can't afford to lose
- iPad, Kindle, or big battery pack
- Jeans, extra boots.
- Too many spare clothes
- Makeup kits and jewellery
- A normal pillow
- Hiking chairs
- An poor fitting/unsuitable/extra large backpack
- Fragile items
- Extra packed food (except lollies - we love lollies)



How to sleep

The biggest concern is being warm at night. So here is a few bits of advice:

- Go to bed warm. Don't get cold and think you'll warm up in your sleeping bag. It won't happen, so run around, do some pushups, eat a few lollies and get your metabolism firing.
- Swap into your dry thermals and dry socks before getting into your bag.
- Layer your goretex jacket under your mat for extra ground protection.
- Shove your feet into your rucksack if your really struggling.

Makeup & jewellery

"You look great today", says one dirty, sweaty, happy hiker to the other.

Makeup is not needed out in the wilderness. Be comfortable knowing you'll get sweaty and dirty along with everyone else. Limit toiletries to actual necessities, there's no need for beautifying in the elements.

Extra electronics

You're there to disconnect from technology, reconnect with nature, and improve mental wellbeing? Don't struggle all day with extra weight that could get damaged anyway.

Remember that cold conditions drain battery life, so ensure you keep mobile phones close to you, especially overnight. If you bring a battery pack, make sure it is small and also kept warm.

Waterproofing

Pack your absolute essentials in waterproof dry bags or garbage bags/shopping bags. This includes your sleeping bag, spare clothing, thermal liner, inner sheet. You do not want these items getting wet.

Overnight Snow Hike Packlist

Print this page...

This is just a guide - you do not need everything on this list

- Backpack - 50-60 litre
- Hiking tent - 1 or 2 person
- Insulated tent floor - optional only if space and weight allow.
- Sleeping bag
- Inner sheet or thermal liner
- Sleeping mat
- Thin foam mat - optional only if weight and space allow
- A mat or piece of foam to sit on
- Head torch or small torch
- 2 litre water bottle or bladder
- Waterproof or snow jacket
- Hike boots or solid trail shoes
- 1 warm jumper/fleece/puffer jacket
- 1 set of snow pants/overpants
- 1 pair of gaiters - optional
- 1 pair of thermals or warm under-clothes
- Beanie
- Gloves
- Sunglasses
- Neck warmer
- Thick socks
- Eating utensils: fork, spoon, bowl, and cup
- Basic toiletries
- Camera/phone
- Toilet paper
- Personal medication
- Lightweight hiking pillow
- Walking poles with basket ends
- Blister band aids

We're here to make your adventure a wonderful experience, so if you have a query about your clothing or gear, please contact us at hello@takeshapeadventures.com.au