

Red Centre Packing List

Uluru & the Red Centre - Desert Conditions, Year-Round

A free packing guide from Adventure Travel Oz, built from trips actually done, not guessed.

The Red Centre swings between extremes, scorching days and near-freezing nights, especially if you're out there for sunrise at Uluru. Layer up and you'll be fine.

Clothing & Layers

- Light, breathable clothing for daytime, plus long sleeves/pants for sun protection
- A genuinely warm layer (fleece or puffer) for early mornings and nights, temps can near freezing in winter (Jun-Aug)
- A buff or scarf for dust and wind
- Sturdy, closed walking shoes with good grip for the Uluru and Kata Tjuta base walks
- Wide-brim hat

Health & Protection

- High-SPF sunscreen and SPF lip balm (the dry heat and UV are relentless)
- A fly net for your hat, sounds ridiculous until you're swarmed at Uluru; best \$10 you'll spend
- Moisturiser, the air out there is extremely dry
- Personal medication/basic first aid, the nearest big pharmacy can be hours away

Gear & Extras

- A head torch for the pre-dawn walk to your sunrise viewing spot
- A reusable water bottle, drink more than you think (3L+ a day is normal out there)
- Power bank
- Some cash, smaller communities and fuel stops don't always take card

Local Knowledge - Pro Tips

Fuel and supplies:

Distances between towns are huge. Fill the tank and top up supplies before any remote leg, don't assume there's a servo around the corner.

Best light:

Sunrise and sunset are when Uluru changes colour most dramatically. Get to your viewing area early, both for the light and because car parks fill up.

Want this trip booked for you?

Email me at adventuretravelhero@gmail.com and I'll sort the rest.

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Temperature swings:

20C+ swings between day and night are completely normal here, the layers matter more than the total amount of clothing you bring.

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