

AQUATICS CLOTHING AND EQUIPMENT LIST

All the items listed below are important and must be brought. Only the essentials are needed and these must be light and warm. This is a minimal gear list for the program.

Clothing

| Quantity | Item | Check |
|-----------------|--|--------------------------|
| 1 | Sturdy Hiking Boots, Walking Shoes or Runners (Should have good grip and be worn in) | <input type="checkbox"/> |
| 1 | Water shoes (Old runners are great – no thongs) | <input type="checkbox"/> |
| 1 pair per day | Socks – “Explorer” type socks are highly recommended | <input type="checkbox"/> |
| 1 pair per day | Underwear | <input type="checkbox"/> |
| 1 | Bathers (no bikinis) | <input type="checkbox"/> |
| 2 | Thermals – Wool or Synthetic, not cotton | <input type="checkbox"/> |
| 1 | Long pants – Synthetic are best, zip off cargo pants are very useful, NO JEANS | <input type="checkbox"/> |
| 2 | Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS | <input type="checkbox"/> |
| 1 | Long Sleeved Shirts with collar – Synthetic, please avoid cotton where possible | <input type="checkbox"/> |
| 2 | Short Sleeved Shirts with collar – Sports shirts are great, NO SINGLETS | <input type="checkbox"/> |
| 2 | Fleece or Wool jumpers – Thick and Warm – No cotton jumpers | <input type="checkbox"/> |
| 1 | Broad Brim Sun Hat | <input type="checkbox"/> |
| 1 | Beanie | <input type="checkbox"/> |

NO COTTON – NO AEROSOLS – NO NUTS

Equipment

| Quantity | Item | Check |
|----------|---|--------------------------|
| 1 | Sleeping Bag – Synthetic or Down. Rated to 0 degrees or below | <input type="checkbox"/> |
| 1 | Sleeping Bag Liner | <input type="checkbox"/> |
| 1 | Small backpack/day pack | <input type="checkbox"/> |
| 3 | Strong (orange “Multix” Brand) garbage bags | <input type="checkbox"/> |
| 3 | Green or black garbage bags – large | <input type="checkbox"/> |
| 1 | Strong fork and spoon | <input type="checkbox"/> |
| 1 | Mug | <input type="checkbox"/> |
| 1 | Strong plastic bowl – large | <input type="checkbox"/> |
| 1 | Tea towel | <input type="checkbox"/> |
| 3 | Soapy Jex pads | <input type="checkbox"/> |
| 3 | “Scotchbrite” style Green Scourers | <input type="checkbox"/> |
| 3 | Green recyclable shopping bags | <input type="checkbox"/> |
| 1 | Chux cloth | <input type="checkbox"/> |
| 3 | Large snaplock bags | <input type="checkbox"/> |
| 1 | Head torch and spare batteries | <input type="checkbox"/> |
| 1 | Sunglasses (old – polarised does help) | <input type="checkbox"/> |
| 1 | Whistle (on cord) | <input type="checkbox"/> |
| 1 | Matches in waterproof container – (extra-long is best) | <input type="checkbox"/> |
| 1 | Trail Mix (no nuts, no wrapped lollies) | <input type="checkbox"/> |
| 3 | Water bottles (1 litre per bottle minimum capacity) | <input type="checkbox"/> |
| 1 | Lunch for Day 1 | <input type="checkbox"/> |

Personal Items

| Quantity | Item | Check |
|-----------------|--|--------------------------|
| 1 | Roll of toilet paper (double bagged in two snaplock bags) | <input type="checkbox"/> |
| 1 | Personal 1st aid kit (e.g. bandaids, roller bandage and strapping tape) | <input type="checkbox"/> |
| 1 | Toothbrush & paste, hairbrush, deodorant (no aerosols) | <input type="checkbox"/> |
| 1 | Insect Repellent (20% DEET is good) (no aerosols) | <input type="checkbox"/> |
| 1 | Small towel or chamois | <input type="checkbox"/> |
| 1 | Sunscreen, zinc, lip balm | <input type="checkbox"/> |
| 1 | Labelled personal medications | <input type="checkbox"/> |
| 1 | Feminine hygiene – pads & tampons and handwipes (waterproof in a snaplock bag) | <input type="checkbox"/> |

Optional

- ▶ Long sleeved rash vest

- ▶ Down Jacket or Vest

- ▶ Neck warmer, buff or scarf – Not cotton

- ▶ Warm gloves (Not cotton)

- ▶ Camera in two plastic bags

- ▶ Diary/journal for writing (including a pen)

- ▶ Light book to read – in two snaplock bags

OEG will provide the following

- ▶ Tents and Tarps
- ▶ Sleeping mat
- ▶ Water proof pants and jacket
- ▶ Lightweight stoves and Fuel
- ▶ Maps and Compasses
- ▶ All specialist safety equipment
- ▶ Group first aid kit
- ▶ Backpacks