

CYCLE CLOTHING AND EQUIPMENT LIST

All the items listed below are important and must be brought on program. 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 shoes to cycle (walking shoes or runners)	<input type="checkbox"/>
1	Comfortable shoes for around camp – must be closed toe, no thongs or slippers	<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"/>
2	Thermals – Wool or Synthetic, not cotton	<input type="checkbox"/>
2	Long pants – Synthetic are best, zip off cargo pants are very useful, NO JEANS	<input type="checkbox"/>
1	Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS	<input type="checkbox"/>
1	Padded Bike Shorts	<input type="checkbox"/>
2	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	Polar 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. Comfort rating to -5 degrees or below	<input type="checkbox"/>
1	Sleeping Bag Liner	<input type="checkbox"/>
3	Orange “Multix” Brand Garbage Bags	<input type="checkbox"/>
3	Green or black garbage bags	<input type="checkbox"/>
1	Strong fork & spoon ONLY	<input type="checkbox"/>
1	Strong plastic bowl and mug	<input type="checkbox"/>
1	Tea towel	<input type="checkbox"/>
3	Soapy Jex pads	<input type="checkbox"/>
3	“Scotchbrite” style Green Scourers	<input type="checkbox"/>
1	Chux cloth	<input type="checkbox"/>

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3	Large Snaplock Bags	<input type="checkbox"/>
1	Head torch and spare batteries	<input type="checkbox"/>
1	Sunglasses (old)	<input type="checkbox"/>
1	Whistle (on cord)	<input type="checkbox"/>
1	Small backpack for when on the bike	<input type="checkbox"/>
1	Matches in waterproof container – (extra-long is best)	<input type="checkbox"/>
1	Trail Mix (no nuts, no wrapped lollies) Portioned into individual days is useful	<input type="checkbox"/>
3	Water bottles (minimum 1 litre capacity each bottle)	<input type="checkbox"/>
1	Lunch for Day 1 – No nuts	<input type="checkbox"/>

Personal Items

Quantity	Item	Check
1	Roll of toilet paper (double bagged in two snaplock bags)	<input type="checkbox"/>
1	Toothbrush & paste, soap (for showers), deodorant (no aerosols)	<input type="checkbox"/>
1	Insect Repellent (20% DEET is good) (no aerosols)	<input type="checkbox"/>
1	Small towel or chamois for shower	<input type="checkbox"/>
1	Sunscreen, zinc, lip balm	<input type="checkbox"/>
1	Labelled personal medications	<input type="checkbox"/>
1	Feminine hygiene – pads & tampons and wet wipes (waterproof in a snaplock bag)	<input type="checkbox"/>

Optional:

- Bike helmet – must have Australian Standard stamps still visible (if in doubt, leave at home, you can use OEG's)
- Bike cleats
- Down jacket or vest
- Neck warmer, buff or scarf – no cotton
- Camera waterproofed in some way (plastic bags)
- A book to read

OEG will provide the following:

- Tents and tarps
- Sleeping mat
- Waterproof pants and jacket
- Lightweight stoves and fuel
- Maps and compasses
- All specialist safety equipment
- Group first aid kit
- Backpacks