

YEAR 7 CLOTHING AND EQUIPMENT LIST

Please read this carefully!!! It is vitally important, both from a point of view of **SAFETY** and **YOUR ENJOYMENT**, that you take with you everything that is on this list and of course you don't take things that are not on the list.

The equipment and clothing list has been based on many years of experience and development. If there is anything that you do not understand or are having trouble finding, talk to your friends, your teachers and your family.

All your clothing and equipment needs to serve 4 basic functions:

1. It must keep you warm
2. It must keep you and keep your gear dry
3. It must be as light as possible
4. It needs to be suitable for a range of weather conditions - **including fire danger**

When you are packing keep all of these things in mind. For example, a puff jacket might be warm, but it may be bulky and will not go well in the wet, so don't bring them. The better option would be 2 thin woollen jumpers, which are lighter and more versatile.

Bring a DAY PACK suitable for holding japara, water bottle, snacks

CLOTHING

(Tick as you pack – place in a large sports bag. Do not bring a suitcase)

School jumper + one other wool or polar fleece top	1 pair water shoes for water activities
at least 1 set of thermals (top and bottom)	4 pairs of underwear
Long sleeved shirt, House t-shirt, 2 t-shirts no singlet tops	1 beanie and gloves wool/polarfleece
1-2 pair long pants (1 lightweight cotton)	at least 2 pairs of thick woollen socks eg Explorers
1 pair bathers - can be 2 piece	2 pairs normal socks - NOT ANKLETS
2 pair shorts - board shorts/sports shorts	1 pair sports shoes or walking boots (not Nike Air)
1 sunhat (not cap) and sunglasses	1 towel

CAMPING EQUIPMENT (Tick as you pack)

1	Bushwalking quality Sleeping bag needs to be zero degrees rated
1	Pillow for use at camp
1	Small lightweight torch and spare globe and batteries head torch preferred not wind-up
3	Strong large garden tidy plastic bags (orange ones - to waterproof pack)
2	Strong large rubbish bin plastic bags (to protect sleeping bag)
3-6	A4 snaplock bags (to store rubbish and for dirty clothes)
4	Strong rubber bands or hair elastics (for tying plastic bags up)
1 set	Solid plastic bowl, mug, metal fork & spoon preferably in a library bag
3	Water bottles. one 1.25 drink bottle, 2 personal bottles 800ml - 1 litre in size
1	Cleaning kit (in plastic bag) - 2 green scrubbers, 3-4 chux (for drying and personal use)
1	Whistle on a cord

PERSONAL ITEMS (Tick as you pack)

	Any personal medication e.g. Ventolin, allergy medication (make sure this is listed on your medical form)
	Feminine Hygiene: sufficient pads/tampons for duration of the camp (even if you're not expecting your period, as the change in environment can alter your cycle). A small packet of baby wipes can be great too.
	Toiletries - comb/brush, toothbrush, toothpaste, deodorant, soap (no aerosols)
	Sunscreen and lip balm, insect repellent (no aerosols)
	One emergency roll of toilet paper in two snaplock plastic bags
	Matches - waterproofed in 2 snaplock bags
	High energy munchies - Trail mix - dried fruit, chocolate, jelly beans, <u>no wrapped lollies</u> . Please keep this to no more than 1 sandwich bag in size OEG has instructed that for safety reasons <u>no nut products</u> can be brought
	Personal 1st aid kit (e.g. bandaids, roller bandage, strapping tape and personal hygiene needs)
	Outdoor Ed exercise book in snaplock bag with pen and pencil, eraser

OPTIONAL

bandana

Camera protected in 2 plastic bags **NOT a camera on a phone**

OEG ISSUED EQUIPMENT

This is all provided – you do not need these

Waterproof Japara jacket and overpants

Stove and fuel bottle

Maps and Compass

Safety Equipment

Backpack

Sleeping Mat

Tent (2 person)

All activity equipment

DO NOT TAKE THE FOLLOWING:

- Mobile Phones
- Jewellery or makeup
- Personal music devices
- Electronic Games
- Any items that are against normal school rules

Note to parents: Please do not allow your daughter to bring any of the above items, especially mobile phones. OEG has experienced difficulty in the past with phones being lost/damaged etc. The Outdoor Education Group organises the best possible communication system (eg radio/phone/sat phone), and in the event of any situations/incidents, to prevent any confusion or double messages it is vitally important that the official communication methods are the only means used.

Thank you for your support in this matter.

CLOTHING

Thin woollen jumpers or fiberpile/polarfleece

We will be visiting the bush during the “fire season”. As a precaution for the (very unlikely) event of a bushfire occurring during the trip, it is important that you take clothing that is fire resistant. Natural fibres (wool, cotton) are fire resistant, and synthetic fibres are not. **YOU MUST** bring one complete set of clothing to cover your entire body (i.e. long pants, jumper, beanie/hat and gloves/woollen socks). Polarfleece is not fire resistant.

A number of thin jumpers are the most effective way to keep comfortable. You can adjust the number of jumpers you wear with how cold it is, and the air trapped between layers is most effective at keeping you warm, more so than one thick jumper.

The golden rule of any fabric is that it must be able to keep you warm even if it is wet. Only wool (also wool mix) and fleece will do this. Cotton will actually make you colder if it gets wet. If in doubt check the label.

The best and cheapest place to get wool jumpers is from the op shop. You won't need to spend more than \$5 on a jumper and the range is fantastic! Your school jumper is also fine - it won't get wrecked.

Other Clothing

The principle that you want to go by here is lightweight, compact and quick drying. A wet pair of jeans will be a horrible experience. Thin cotton is acceptable for your long pants.

Some BAD choices of clothing – do not bring these:

- Tight fitting hipster jeans (or any jeans for that matter)
- Off the shoulder midriff tops (imagine carrying a pack with one)
- Singlet tops
- Short shorts
- Tight fitting synthetic underwear
- Bulky clothing
- Wide leg loose fitting pants
- Anklet socks

Thermals

These are an absolute must. The idea of thermals is to be a layer of clothing against your skin. They are made of special materials that wick moisture away from your skin, leaving you warm and dry, even in the wet. Some places to buy them are Kathmandu, Aussie Disposals, Rays Tent City and other Outdoor Shops. Do NOT buy thermal underwear from department stores such as Target – it is not the same. Woollen thermals are excellent but very expensive. Polypropelene is perfectly acceptable.

Footwear

It is extremely important to have appropriate footwear. The general rule is that if you wear brand new shoes, you will get blisters. A good pair of runners is fine as long as they are tightly laced. Walking boots are best, but don't buy a pair just before the trip. Make sure that your shoes have a substantial sole/tread for grip on wet or rocky paths.

Your wet shoes are for surfing and water activities. They need to be able stay on your feet if you are swimming and be able to dry quickly too. Surf shoes are the best. Crocs or thongs are NOT acceptable.

EQUIPMENT

Sleeping Bag

It is essential that you bring an appropriate sleeping bag. The three key features of a sleeping bag are:

- Warmth
- Filling type
- Size and weight when packed

Warmth

It is important that you have a sleeping bag to cope with the cool nights. Look for a sleeping bag that is rated to 3 seasons, or to a rating that is to around zero degrees. Please note that ratings are an indication only and will vary from person to person.

Essential features of a sleeping bag are:

- Zipper
- Hood with a drawstring

Filling

Natural filling -Down (duck feather). Down sleeping bags are warmer and will compact smaller but lose some of their insulating ability when wet.

Synthetic filling - Dacron (Hollowfill, Quolofill, Polarguard). Synthetic sleeping bags are cheaper and will retain their insulating properties when wet but are harder to compact.

Either of these fillings are the best for providing adequate insulation. A sleeping bag with cotton filling is totally inadequate for this program. Do NOT buy from Kmart, Ray's, Target etc.

Size and weight:

Down: look for a total weight of around 1.5kg, and no bigger than about a 4L ice cream bucket

Synthetic: look for a total weight of around 2-2.5 kg, and no bigger than a garden bucket

Water bottles (2.5 - 3 litre total capacity)

You should have one wide mouthed drink bottle of at least 800ml. Used 1.25 litre plastic soft drink bottles are excellent for extra water. It is essential that you bring the equivalent of two of these bottles (i.e. 2.5 - 3L capacity in total)

Strong large garbage bags

These are probably the most important piece of equipment! They are there to keep everything dry. Make sure you bring good ones. You will need to bring along **at least** the minimum number of plastic bags of the recommended style to ensure dry clothing and equipment.

You need three super large, super strong bags – the orange garden bags are in the supermarket: two to line your pack for initial waterproofing, and one as a spare.

The other bags are for waterproofing individual items. Buy thick, heavy duty bags:

The A4 zip lock bags are for separating and storing clothes and for dirty shoes/clothing.

HOW TO SOURCE EQUIPMENT

Outdoor equipment can be very expensive, but there are a number of ways to obtain equipment that is far cheaper and just as effective. Some options include:

Using your school clothes

- Use your sports shorts and shoes, your house tshirt and the school jumper as the woolen jumper. There are some old jumpers which can also be borrowed.

Borrowing from friends/family etc.

- Many students/siblings/relatives etc may own a wide range of the gear needed, as most schools run outdoor education programs of some kind.

Purchasing second hand

- There are a number of second hand sports and outdoor stores in Melbourne.

Opportunity shops

- A fantastic source of long sleeved cotton shirts, woollen clothing/ polar fleece tops and old tshirts, at very cheap prices

Outdoor stores

- **You will receive excellent advice from most stores, but be aware of the propensity to “upsell” with things you don’t necessarily need.**
- It is always worth asking for a discount, many of the stores have a discount arrangement with certain schools.
- Kathmandu is highly recommended, especially during sales, for extremely well priced outdoor clothing.
- Army disposals and camping stores are great, but less geared to lightweight camping

Department stores

- KMart, Big W and Target sell water shoes, as do some sports stores
- Uniqlo has some good thermal options
- the boys sections have good tshirts

Rental

- A number of the outdoor stores have rental arrangements
- There are some outdoor hire companies