

3 DAY EXPED 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.

Please bring lunch and snacks on Day 1.

Clothing

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

Personal Items

Quantity	Item	Check
1	Roll of toilet paper (double bagged in two snaplock bags)	
1	Toothbrush & paste, hairbrush, deodorant (no aerosols)	
1	Insect Repellent (20% DEET is good) (no aerosols)	
1	Small towel or chamois	
1	Sunscreen, zinc, lip balm	
1	Labelled personal medications	

Equipment

Quantity	Item	Check
1	Sleeping Bag – Synthetic or Down. Rated to 0 or -5 degrees or below	
2	Strong (orange “Multix” Brand) garbage bags	
1	Green or black garbage bags – large	
2	Green recyclable shopping bags	
1	Strong fork and spoon	
1	Strong plastic Bowl and/or plate and mug – large	
1	Cleaning Kit including soapy steel wool, green scourer, chux cloth and tea towel	
1	Head torch and spare batteries	
1	Sunglasses – Dark tint or polarised	
1	Whistle (on cord)	
2	Water bottles (1 litre per bottle minimum capacity)	

Optional Items

- ▶ 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