

## Camps 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              | Walking Shoes or Runners (Should have good grip and be worn in)                                 | <input type="checkbox"/> |
| 1              | Night time shoes (Something comfortable for indoors activities, slippers or Ugg boots are fine) | <input type="checkbox"/> |
| 1              | Water shoes (Old runners are great – no thongs)                                                 | <input type="checkbox"/> |
| 1 pair per day | Underwear                                                                                       | <input type="checkbox"/> |
| 1 pair per day | Socks – Some thick “Explorer” type socks are highly recommended                                 | <input type="checkbox"/> |
| 1              | Bathers (no bikinis)                                                                            | <input type="checkbox"/> |
| 1              | 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"/> |
| 2              | Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT 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              | 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 0 degrees or below                             | <input type="checkbox"/> |
| 1        | Fitted sheet for a single bed                                                                      | <input type="checkbox"/> |
| 1        | Pillow and Pillow Case                                                                             | <input type="checkbox"/> |
| 2        | Towels – One for showers and one for water activities                                              | <input type="checkbox"/> |
| 1        | Small day pack – to carry rain gear (OEG provided), drink bottle, snacks, personal medications etc | <input type="checkbox"/> |
| 3        | Orange “Multix” brand Garbage Bags – For waterproofing during campout                              | <input type="checkbox"/> |
| 3        | Green or black garbage bags – large                                                                | <input type="checkbox"/> |
| 2        | 1 Litre Water Bottles                                                                              | <input type="checkbox"/> |
| 1        | Head Torch and spare batteries                                                                     | <input type="checkbox"/> |
| 1        | Large bowl                                                                                         | <input type="checkbox"/> |
| 1        | Mug                                                                                                | <input type="checkbox"/> |
| 1        | Strong Fork and Spoon (Knife is not required)                                                      | <input type="checkbox"/> |
| 1        | “Scotchbrite” style Green Scourers                                                                 | <input type="checkbox"/> |
| 1        | Chux Cloth                                                                                         | <input type="checkbox"/> |
| 1        | Tea Towel                                                                                          | <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, soap (no aerosols)                   | <input type="checkbox"/> |
| 1        | Insect Repellent (20% DEET is good) (no aerosols)                              | <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)
- ▶ Pillow and Pillow Case

## 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

