

# Clothing & Equipment List

## SUSO Gippsland Lakes

*All the items listed below are important and must be brought on camp.*

### OEG Supplied Equipment

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

For more detailed information regarding clothing and equipment, please download the document titled: **"Clothing & Equipment Information."**

#### Clothing

✓	NO.	ITEM	✓	NO.	ITEM
	2	Thin jumpers (fleece or wool)		1	Sturdy shoes (boots or runners)
	2	Sets thermals (polypro or wool)		2	Shorts (no denim allowed)
	1	Long sleeve shirt with collar		1	Warm gloves
	1	Pair long pants <b>NO JEANS</b>		1	Wide brimmed sun hat
	2	T-shirts (with sleeves)		1	Beanie
	5	Pairs of Woollen socks (e.g. explorers)		5	Underwear one pair per day (max)
	1	Bathers (no bikinis)		1	Water shoes (old runners will do)

#### Equipment

✓	NO.	ITEM	✓	NO.	ITEM
	1	Sleeping bag – Dacron or Down. Rated to 0 degrees or below.		3	Strong (orange "garden" type) garbage bags
	1	Sleeping bag liner		3	Green or black garbage bags
	1	Strong fork & spoon <b>ONLY</b>		3	Plastic shopping bags
	1	Strong plastic bowl and mug		1	Tea towel
	3	Soapy Jex Pads or green scour pads, 1 x Chux cloth		1	Head torch and spare batteries
	3	Strong rubber bands		1	Whistle (on cord)
	2	Water bottles (3 litre capacity)		1	Lunch for Day 1

#### Personal Items

✓	NO.	ITEM	✓	NO.	ITEM
	1	Roll of toilet paper (double bagged in two snaplock bags)		1	Personal First Aid kit (e.g. bandaids, roller bandage and strapping tape)
	1	Toothbrush & paste, hairbrush, deodorant (no aerosols)		1	Insect repellent (80% DEET or higher is good) (no aerosols)
	1	Small towel or chamois		1	Sunscreen, zinc, lip balm
	1	Labelled personal medications		1	Feminine hygiene – pads & tampons and handwipes (waterproof in a snaplock bag)

#### Optional

✓	NO.	ITEM	✓	NO.	ITEM
	1	Camera		1	Sunglasses
		Diary/journal for writing (including a pen)			

## Further Information

### Some POOR choices of clothing:

- Tight fitting hipster or skinny jeans
- Singlet tops
- Short / tight shorts
- Bulky clothing
- Wide leg, loose fitting pants
- Any clothes you don't want to get dirty or wet!

### Thin woollen jumpers or fleece

A number of thin jumpers are the most effective way to keep comfortable. You can adjust the number of jumpers you wear as the temperature fluctuates. The air trapped between layers is more effective at keeping you warm compared with one thick jumper.

*The golden rule of any fabric is that it must keep you warm even if it is wet. Only wool and fleece will do this; cotton will actually make you colder when wet. Find jumpers with 100% wool. The best and cheapest place to purchase wool jumpers is from an Op Shop.*

### Thermals

Thermals are essential for outdoor use; they can be synthetic or wool and dry very quickly. If the weather is particularly wet and cold, thermals will keep you warm and comfortable. You will need one set for day wear and one set for sleeping in. Please make sure these are not cotton.

*Skins brand (and other types of compression-wear) are not the same as thermals and are inappropriate as thermals. Students may bring these items, however, they are not to replace the two sets of thermals.*

If you are considering purchasing equipment or clothing for this trip, one suggestion is to use a company such as One Planet. The Outdoor Education Group has partnered with One Planet to create a simple and easy online ordering system. You can select all your personal equipment needs and your purchases are delivered directly to your home. Delivery usually takes between one – two weeks; for more information please visit their website at: <http://www.camplist.com.au/>

**MEDICATION MUST BE LABELLED WITH CLEAR INSTRUCTIONS IN A ZIPLOCK BAG  
AND HANDED TO YOUR TUTOR PRIOR TO DEPARTURE.**

### PLEASE DO NOT BRING:

- Mobile phones or other electronic devices
- Aerosol cans (eg insect repellent, deodorant or body sprays)
- Any items that are against normal school rules
- Lollies – there will be plenty of food
- Nuts – we have a 'no obvious nut' policy at OEG

*Note to parents: Please do not allow your child to bring any of the above items, especially mobile phones. We have experienced difficulty in the past with phones being lost/damaged etc. The Outdoor Education Department 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.*