

ALPINE 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	Sturdy Hiking Boots, Walking Shoes or Runners (Should have good grip and be worn in)	<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"/>
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	<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"/>
2	Beanies	<input type="checkbox"/>
2	Gloves – Ski Gloves are preferred but at a minimum wool or fleece gloves	<input type="checkbox"/>
2	Large Rubber Gloves – To be worn over wool or fleece gloves to help waterproof them	<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"/>
6	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"/>
3	Large Snaplock Bags	<input type="checkbox"/>
1	Head torch and spare batteries	<input type="checkbox"/>
1	Ski Goggles or Sunglasses – Dark tint or polarised	<input type="checkbox"/>
1	Whistle (on cord)	<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, deodorant (no aerosols)	<input type="checkbox"/>
1	Insect Repellent (20% DEET is good) (no aerosols)	<input type="checkbox"/>
1	Small towel or chamois	<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

- ▶ Down Jacket or Vest

- ▶ Neck warmer, buff or scarf – Not cotton

- ▶ Camera in two plastic bags

- ▶ Diary/journal for writing (including a pen)

- ▶ A light book to read

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