

CLOTHING AND EQUIPMENT LIST- Tasmania

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"/>
1	Wool or fleece gloves	<input type="checkbox"/>
1	Bathers (no bikinis) - Long sleeve Rash Vest	<input type="checkbox"/>
1	Water shoes (old runners will do)	
1	Day pack for carrying personal equipment to activities each day	

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 – used for water proofing back packs	<input type="checkbox"/>

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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	Cleaning kit - Tea towel, Soapy Jex pads, Scotchbrite" style Green Scourers, Chux cloth	<input type="checkbox"/>
3	Large Snaplock Bags	<input type="checkbox"/>
1	Head torch and spare batteries	<input type="checkbox"/>
1	Whistle (on cord)	<input type="checkbox"/>
3	Water bottles (minimum 1 litre capacity each bottle)	<input type="checkbox"/>
1	Sun Glasses (old)	<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 - must be in original packaging. (2 x EpiPen if required.)	<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