

# THE OUTDOOR EDUCATION GROUP ▲

## CLOTHING AND EQUIPMENT LIST -Our Lady of Mercy College Year 10

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 – <b>no elastic sided boots, skate shoes, Volleys or plimsolls</b> ) | <input type="checkbox"/> |
| 1          | Comfortable shoes for around camp – Must be closed toe, no thongs or slippers                                                                            | <input type="checkbox"/> |
| 1          | Water shoes (Old runners are great – no thongs) – for canoeing                                                                                           | <input type="checkbox"/> |
| 1          | Raincoat with a hood (proofed nylon, dry japara are good – thigh length)                                                                                 | <input type="checkbox"/> |
| 1 pair/day | Socks – “Explorer” type socks are highly recommended – <b>no ankle socks</b>                                                                             | <input type="checkbox"/> |
| 1 pair/day | Underwear                                                                                                                                                | <input type="checkbox"/> |
| 1          | Bathers (no bikinis)                                                                                                                                     | <input type="checkbox"/> |
| 2 pairs    | Thermal Underwear (long sleeved top & pants) – Wool or Synthetic, <b>not cotton.</b><br><b>Please note: 1 pair is specifically for canoeing.</b>         | <input type="checkbox"/> |
| 2          | Long pants – loose fitting for insect protection. 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 – Cotton or cotton blend preferable                                                                                      | <input type="checkbox"/> |
| 2          | Short Sleeved Shirts with collar – Sports shirts are great, NO SINGLETS                                                                                  | <input type="checkbox"/> |
| 2          | Fleece or Wool / Wool Mix jumpers – Thick and Warm – No cotton jumpers                                                                                   | <input type="checkbox"/> |
| 1          | Broad Brim Sun Hat                                                                                                                                       | <input type="checkbox"/> |
| 1          | Beanie                                                                                                                                                   | <input type="checkbox"/> |

### Personal Items

|   |                                                                                                                                                                                                              |                          |
|---|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 1 | Labelled personal medications – <b>please hand to your teacher</b>                                                                                                                                           | <input type="checkbox"/> |
| 1 | <b>Hand Sanitiser (minimum 60ml) – minimum 60% alcohol content</b>                                                                                                                                           | <input type="checkbox"/> |
| 1 | Strapping tape if you need to strap an injury daily                                                                                                                                                          | <input type="checkbox"/> |
| 1 | Toothbrush & paste, hairbrush, deodorant (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 | Feminine hygiene – sanitary items & handwipes even if you are not expecting to have to use them ( <b>we recommend sourcing wipes that are 100% biodegradable, e.g., Wotnot, JAK, Joonya or Burt's Bees</b> ) | <input type="checkbox"/> |
| 1 | Flannel for “bush bathing” - optional                                                                                                                                                                        | <input type="checkbox"/> |

## Equipment

| Quantity | Item                                                                                                           | Check                    |
|----------|----------------------------------------------------------------------------------------------------------------|--------------------------|
| 1        | Lunch for Day 1 – <b><i>NO NUTS!</i></b>                                                                       | <input type="checkbox"/> |
| 1        | Sleeping Bag – Synthetic or Down. Rated to 0 or -5 degrees or below                                            | <input type="checkbox"/> |
| 1        | Sleeping Mat (closed cell foam, no more than 10mm thickness & size 50cm x 180cm) – <b><i>No Yoga Mats!</i></b> | <input type="checkbox"/> |
| 3        | Strong (orange “Multix” Brand) garbage bags                                                                    | <input type="checkbox"/> |
| 3        | Large snaplock bags to waterproof clothes                                                                      | <input type="checkbox"/> |
| 1        | Strong fork and spoon                                                                                          | <input type="checkbox"/> |
| 1        | Mug (camping style – non breakable)                                                                            | <input type="checkbox"/> |
| 1        | Strong plastic bowl for eating meals                                                                           | <input type="checkbox"/> |
| 2        | Tea towels                                                                                                     | <input type="checkbox"/> |
| 1        | Small towel or chamois                                                                                         | <input type="checkbox"/> |
| 1        | Head torch and spare batteries                                                                                 | <input type="checkbox"/> |
| 1        | Whistle (on cord) – for use on Solo only                                                                       | <input type="checkbox"/> |
| 3        | Water bottles (1 litre per bottle <i>minimum</i> capacity)                                                     | <input type="checkbox"/> |
| 1        | Wristwatch (with alarm if possible)                                                                            | <input type="checkbox"/> |

***Those who wear glasses - please bring a glasses retaining strap and, if possible, a spare pair of glasses.***

***Please label all equipment with your name, especially water bottles.***

## Optional Items

- ▶ Waterproof Overpants
- ▶ Down Jacket or Vest
- ▶ Camera in two Snaplock bags
- ▶ Diary/journal for writing (including a pen) & Light book to read – in two Snaplock bags

## OEG will provide the following

- ▶ Tents & Tarps
- ▶ Backpacks
- ▶ Lightweight stoves and Fuel
- ▶ Maps and Compasses
- ▶ All specialist safety equipment
- ▶ Group first aid kit – ***please do NOT bring your own 1<sup>st</sup> aid supplies.***