

## CLOTHING AND EQUIPMENT LIST – Penrhos College Year 7 Camp

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. No elastic sided boots, skate shoes or plimsolls)	<input type="checkbox"/>
1	Thongs for showering & indoor use only	<input type="checkbox"/>
1	Water shoes (Old runners are great – no thongs)	<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	<input type="checkbox"/>
1 pair/day	Underwear	<input type="checkbox"/>
1	Polyproylene thermal long-sleeved top	<input type="checkbox"/>
1	Bathers (no bikinis)	<input type="checkbox"/>
1	Long sleeved shirt or rash vest for sun protection when swimming	<input type="checkbox"/>
1 pair	Summer pyjamas	<input type="checkbox"/>
1	Long pants – loose 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"/>
1	Long Sleeved Shirt with a collar – preferably cotton	<input type="checkbox"/>
2	Short Sleeved Shirts with collar – Sports shirts are great, NO SINGLETS	<input type="checkbox"/>
1	Fleece or Wool jumper – Thick and Warm – No cotton jumpers	<input type="checkbox"/>
1	Broad Brim Sun Hat	<input type="checkbox"/>
1	Beanie	<input type="checkbox"/>

### Personal Items

Quantity	Item	Check
1	Labelled personal medications – <b><i>please hand to your teacher</i></b>	<input type="checkbox"/>
1	Hand Sanitiser (60ml minimum & minimum alcohol content 60%)	<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><i>we recommend sourcing wipes that are 100% biodegradable, e.g., Wotnot, JAK, Joonya or Burt’s Bees</i></b> )	<input type="checkbox"/>
1	Wristwatch (with an alarm if possible)	<input type="checkbox"/>

# THE OUTDOOR EDUCATION GROUP ▲

## Equipment

Quantity	Item	Check
1	<b>Lunch for Day 1 – NO NUTS!</b>	<input type="checkbox"/>
1	Sleeping Bag in its stuff sack – 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>No Yoga Mats!</b>	<input type="checkbox"/>
1	Fitted single sheet (for use in the dormitories)	<input type="checkbox"/>
1	Pillow & pillow case (for use in the dormitories)	<input type="checkbox"/>
2	Strong (orange “Multix” Brand) garbage bags	<input type="checkbox"/>
2	Large snaplock bags	<input type="checkbox"/>
1	Strong fork and spoon	<input type="checkbox"/>
1	Mug (camping style – non breakable)	<input type="checkbox"/>
1	Strong plastic bowl – large	<input type="checkbox"/>
1	Tea towel	<input type="checkbox"/>
1	Towel for swimming & canoeing	<input type="checkbox"/>
1	Towel for showering	<input type="checkbox"/>
1	Head torch and spare batteries	<input type="checkbox"/>
2	Water bottles (1 litre <i>per bottle</i> minimum capacity)	<input type="checkbox"/>
1	Day pack for carrying water, food & raincoat when moving through activities	<input type="checkbox"/>

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

**All food apart from the camp out will be provided by WA Caterers @ Nanga Bush Camp. B.Y.O Lunch on Day One (1).**

### OEG will provide the following:

- ▶ Tents and Tarps
- ▶ Lightweight stoves and Fuel
- ▶ Maps and Compasses
- ▶ All specialist safety equipment
- ▶ Group first aid kit
- ▶ Backpacks

### Optional Items:

- ▶ Camera – in a snap lock bag
- ▶ Diary/journal for writing (including a pen)
- ▶ Light book to read – in a snap lock bag

