

## YEAR 9 Grampians and High Plains 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"/>
1	Long Sleeved Shirts with collar – Synthetic, please avoid cotton where possible	<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"/>
1	Beanie	<input type="checkbox"/>

**\*NO COTTON – NO AEROSOLS – NO NUTS\***

## Equipment

Quantity	Item	Check
1	Sleeping Bag – Synthetic or Down. Comfort rating to 0 degrees or below	<input type="checkbox"/>
1	Sleeping Bag Liner	<input type="checkbox"/>
3	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	Sunglasses (old)	<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) max 1 snack size snap lock bag per day	<input type="checkbox"/>
3	Water bottles (minimum 750ml 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, soap (for showers), deodorant (no aerosols)	<input type="checkbox"/>
1	Insect Repellent (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
- ▶ Warm gloves (Not cotton)
- ▶ Camera in two plastic bags
- ▶ Diary/journal for writing (including a pen)
- ▶ A light book to read – in two Snaplock bags

## 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