

## SUSO CYCLE 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	<input type="checkbox"/>
1 pair per day	Underwear	<input type="checkbox"/>
1 pair per day	Socks – “Explorer” type socks are highly recommended	<input type="checkbox"/>
1	Bathers (no bikinis)	<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 – Sports shirts and collars 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"/>
2	Lightweight quick dry towel	<input type="checkbox"/>
1	Small day pack – to carry rain gear (OEG provided), drink bottle, snacks, personal medications etc	<input type="checkbox"/>
3	Orange “Multix” brand Garbage Bags – For waterproofing during campout	<input type="checkbox"/>
3	Green or black garbage bags – large	<input type="checkbox"/>
2	2 Litres of Water capacity. One bottle should be a bike bottle to fit into the bottle cage	<input type="checkbox"/>
1	Head Torch and spare batteries	<input type="checkbox"/>
1	Knife, fork, spoon	<input type="checkbox"/>
1	Mug	<input type="checkbox"/>
1	Strong plastic bowl – large	<input type="checkbox"/>
1	“Scotchbrite” style Green Scourers	<input type="checkbox"/>
1	Chux Cloth	<input type="checkbox"/>
1	Tea Towel	<input type="checkbox"/>
1	Whistle (on cord)	<input type="checkbox"/>
1	Lunch for Day 1	<input type="checkbox"/>
	Padded bike shorts make things much more comfortable	
	Any preferred cycling equipment, e.g. Helmet, bike shorts or pedals & cleats	

## Personal Items

Quantity	Item	Check
1	Roll of toilet paper (double bagged in two snaplock bags)	<input type="checkbox"/>
1	Personal 1st aid kit (e.g. bandaids, roller bandage and strapping tape)	<input type="checkbox"/>
1	Toothbrush & paste, hairbrush, deodorant (no aerosols)	<input type="checkbox"/>
1	Insect Repellent (no aerosols)	<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

- ▶ Long sleeved rash vest
- ▶ 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)

## 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

## Further Information

### Some POOR choices of clothing:

- Tight fitting hipster or skinny jeans
- Singlet tops
- Short / tight shorts
- Bulky clothing
- Wide leg, loose fitting pants
- Any clothes you don't want to get dirty or wet!

### Thin woollen jumpers or fleece

A number of thin jumpers are the most effective way to keep comfortable. You can adjust the number of jumpers you wear as the temperature fluctuates. The air trapped between layers is more effective at keeping you warm compared with one thick jumper.

*The golden rule of any fabric is that it must keep you warm even if it is wet. Only wool and fleece will do this; cotton will actually make you colder when wet. Find jumpers with 100% wool. The best and cheapest place to purchase wool jumpers is from an Op Shop.*

### Thermals

Thermals are essential for outdoor use; they can be synthetic or wool and dry very quickly. If the weather is particularly wet and cold, thermals will keep you warm and comfortable. You will need one set for day wear and one set for sleeping in. Please make sure these are not cotton.

*Skins brand (and other types of compression-wear) are not the same as thermals and are inappropriate as thermals. Students may bring these items, however they are not to replace the two sets of thermals.*

If you are considering purchasing equipment or clothing for this trip, one suggestion is to use a company such as One Planet. The Outdoor Education Group has partnered with One Planet to create a simple and easy online ordering system. You can select all your personal equipment needs and your purchases are delivered directly to your home. Delivery usually takes between one – two weeks; for more information please visit their website at: <http://www.camplists.com.au/>

**MEDICATION MUST BE LABELLED WITH CLEAR INSTRUCTIONS IN A ZIPLOCK BAG**

**AND HANDED TO YOUR TEACHER PRIOR TO DEPARTURE.**

### PLEASE DO NOT BRING:

- Mobile phones or other electronic devices
- Aerosol cans (eg insect repellent, deodorant or body sprays)
- Any items that are against normal school rules
- Nuts – we have a 'no obvious nut' policy at OEG

## **THE OUTDOOR EDUCATION GROUP ▲**

*Note to parents: Please do not allow your child to bring any of the above items, especially mobile phones. We have experienced difficulty in the past with phones being lost/damaged etc. The Outdoor Education Department organises the best possible communication system (eg radio/phone/sat phone), and in the event of any situations/incidents, to prevent any confusion or double messages it is vitally important that the official communication methods are the only means used.*

*Thank you for your support.*