

## Checklist

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 walking shoes (runners are fine, should have good grip)	<input type="checkbox"/>
1	Comfortable shoes for around camp – Must be closed toe, no thongs or slippers	<input type="checkbox"/>
5	Socks - sports/hiking is recommended	<input type="checkbox"/>
5	Underwear	<input type="checkbox"/>
1	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"/>
3	Shorts – Board Shorts or Sports Shorts are perfect – NO SHORT SHORTS	<input type="checkbox"/>
2	Long Sleeved Shirts with collar – Synthetic, please avoid cotton where possible	<input type="checkbox"/>
2	Short Sleeved Shirts with collar – Sports shirts are great	<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"/>

**Enough money to buy some lunch or snacks in the airport on travel days**

\*NO COTTON – NO AEROSOLS – NO NUTS\*

## Equipment

Quantity	Item	Check
1	Sleeping Bag – Synthetic or Down. Comfort rating to 10 degrees or below	<input type="checkbox"/>
		<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” 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 (polarised are preferable)	<input type="checkbox"/>
1	Whistle (on cord)	<input type="checkbox"/>
1	Matches in waterproof container	<input type="checkbox"/>
1	Trail Mix (no nuts, no wrapped lollies) Portioned into individual days is useful	<input type="checkbox"/>
3	Water bottles (minimum 1 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 (20% DEET is good) (no aerosols)	<input type="checkbox"/>
1	Small towel or chamois for shower	<input type="checkbox"/>
1	Sunscreen, zinc, lip balm	<input type="checkbox"/>
1	Labelled personal medications	<input type="checkbox"/>

## Optional

- ▶ Camera (in two plastic bags)
- ▶ Diary/journal for writing (including a pen)
- ▶ 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

Follow this link for more detailed advice about clothing and equipment:

[Clothing & Equipment Details](#)